

GLOSSARY (as of 2023 July 01)

Aarti

Hindu religious ritual, part of *puja*, in which light from wicks soaked in *ghee* (purified butter) or camphor is offered to one or more deities by circulating an 'Aarti plate' or 'Aarti lamp' around a person or deity; also, esoterically refers either to an intense pull towards the inner Light, or to the manifestation of the inner Radiant Form of the *Guru*

Abhyas

Spiritual exercises or devotional practices, such as meditation or austerities

Abhyasi

A student; a practitioner of meditation

Acharya

A formal title given to teachers in Hinduism and/or Buddhism of great experitise in religious or spiritual matters

Adhar

Lit. "The beyond"; refers to all stages from *Sach Khand-Sat Lok* and beyond (*Agam, Alakh, and Anaami*)

Adi Granth Sahib, Guru Granth Sahib

Primary scripture of the Sikh religion; originally compiled in 1604 by Bhai Gurdas under the direction of Guru Arjan Dev Ji; renamed *Guru Granth Sahib* by the Sikh orthodox after the tenth *Guru*, Guru Gobind Singh, left the body; intended to serve as the living Guru in the absence of a recognized living Master

Adi Naam

The original expression of the Sound Current or *Naam* from which the entire Creation and all contained therein began and which will continue after the entire Creation comes to an end

Adi Shesh

Primal being; from Hindu religion (*Puranas*), the serpent deity who sings the glories of *Vishnu* in the lower realm of *Patal Lok* on whose many hoods the balance of the worlds of the universe rest; a symbol of the waveform of energy; also known as *Nag Shesh*

Agam Lok

One of three purely spiritual realms above *Sach Khand*; lit. "Inaccessible, Unapproachable"; second highest spiritual region, just below the highest of *Anaami*, or *Radhasoami Dham*

Agamya karma

Thought-produced *karma*; impressions left on the mind, erased at the time of death

Agastya Rishi

Revered sage; one of the *Saptarishi* from the *Dwajar Yuga* whose poetry appears in all the *Vedic* texts, and is mentioned in the *Puranas, Ramayana*, and *Mahabharata*; noted to have great mystical powers

Aghori Mat

Indian tantric sect of ascetic *sadhus* devoted to *Lord Shiva* who smear their bodies with ash and craft *kapalas*, skull caps, cut from the top of a human skulls

Agni

Lit. “Fire”; also, *Vedic* God of Fire and his physical manifestation

Agra

City in Uttar Pradesh state of India, at the banks of River Yamuna; site of the Red Fort and the Taj Mahal; capital of the Mogul empire for over one hundred years; historical home of Swami Ji Maharaj and currently the center of the Agra line of *Sant Mat*

Agyasini River

River that flows into a cave in southern India where Agastya Rishi did his meditation and penance; today known as the Aghanashini River, which flows into the Arabian Sea near Kumta; believed to originate underground in Sirsi

Ahalya

Wife of Gautama Rishi, created by *Brahma* with impeccable beauty; varied stories from the *Puranas* and the *Ramayana* exist regarding her seduction by *Indra* and their subsequent punishments invoked by Gautama Rishi; she is later redeemed by Rama and restored to Gautama Rishi

Ahamkar

One of the constituents of the four-petaled lotus of the *antahkaran*; lit. “I-maker”, faculty that identifies the fluctuations of *chit* with the Ego-complex; the illusionary identification of the undivided self with limited and limiting perceptions, thus creating the wrong notion of an individual and separate self

Ajaib Singh Ji

Param Sant Satguru; (1926-1997); known informally as “Sant Ji”; successor to Kirpal Singh Ji Maharaj; provided meditation retreats to thousands of initiates who came from abroad to His *Ashrams* in Rajasthan; and beginning in 1978, after the passing of Baba Ram Singh Ji’s *Guru*, Baba Somanath Ji Maharaj, He came every year to Bombay for the benefit of the disciples of Baba Somanath in South India; Baba Ram Singh Ji brought about one thousand souls to get initiated by Ajaib Singh Ji Who gave him so much Grace that Ram Singh

considers Him his second *Guru*; the term “SomAjaib”, which Baba Ram Singh uses routinely to acknowledge His love, gratitude and devotion to two Great Saints of *Sant Mat* is a combination of the names “Som” and “Ajaib” and provides the name for His *ashram* in Guddella India, “Som Ajaib Ashram”.

Ajapa

Repetition without conscious effort, like the breath; as *Simran* becomes perfected, it becomes *ajapa*

Akbar

Mogul Emperor (1556-1605); third ruler of the Mughal Dynasty; known as King Akbar the Great; held court in Delhi, Agra, Fatehpur Sikri, and Lahore; known for his religious tolerance

Akshar

Sanskrit term describing regions starting above the seven planes below the eyes and extending up to and including the Causal Plane, *Brahm*

Alakh Lok

One of three purely spiritual realms above *Sach Khand*; lit. “Indescribable, Invisible, Unperceivable”; sixth spiritual region, located below the seventh, *Agam Lok*, and the eighth, *Anaami Dham*

Alal pakshee

Mythological sky bird that lives in the sky only, laying its eggs in midair, which hatch before hitting the ground; also, *Anul* bird

Aligarh

City in northern Indian state of Uttar Pradesh; birthplace of Baba Haridas Ji

Allah

The Arabic name for God Almighty used by Arabic-speaking religions; in Sufism terminology, refers to the Regent of the First Spiritual Region

Allah Hu

Statement giving praise to God (*Allah*); Persian term for *Onkar*; in Sufi terminology, refers to the Regent of the Second Spiritual Region

Amar Das Ji

Param Sant Satguru; (1479-1574); successor to Guru Angad Dev Ji; third *Guru* in the lineage of Sikh Masters; *Guru* of Ram Das Ji

Amar Khata

“Story of Immortality”; related to *Parvati* by *Shiva* in the *Amarnath* Cave at *Mt Kailash*

Amarapur

Term used by Kabir as the “Land of Immortality”

Amin

Wife of Dhani Dharam Das

Amir Khusrow

Sufi Saint; (est 1253-1325); Sufi Master from northern India; disciple of Nizamuddin Auliya; buried near his tomb in Delhi; served in the court of Allaudin Khilji, king of Delhi as a poet and musician; considered to be the originator of the *Qawwali* devotional Sufi singing and inventor of the Sitar; wrote different *divans* and *masnavis*, also in praise of the lives of famous rulers

Amolak Das

Sadhu mahatma; successor to Sri Chand, the son of Guru Nanak; *guru* of Bishan Das in the *Udasi Mat* of two *Shabds*

Amrit Vela

Lit. “Time of Nectar” (that, which causes deathlessness); also refers to early morning meditation period from 3:00-6:00 AM

Amritsar

City in India in the northern state of Punjab; location of Sikh's Golden Temple; also, a term used for *Mansarovar*, the Pool of Nectar in the inner region of *Par Brahman* where all *karmas* are washed away

Anaami

Highest of three purely spiritual realms above *Sach Khand*; lit. “Nameless”; also called *Radha Soami Dham*; home of *Anaami Purush*

Anahad Shabd

Unstruck music, created without striking any instrument; music of the Astral plane; also, *Anahad Nad*, *Anahad Bani*

And, Anda

Astral Realm; lit. “Egg”, second subdivision of *Brahmand*; lies between the Physical Plane (*Pind*) and the Causal Plane (*Brahm*); contains the regions of all gods and goddesses

Andaj

Egg-born creatures; birds and reptiles

Andhra Pradesh

State of India, location of Guddella Ashram, which is presently the home of Ram Singh Ji

Ang

Part of the body or limb, the source of Guru Angad's name given by Guru Nanak

Angad Dev Ji

Param Sant Satguru; (1504-1552); second in the lineage of Sikh *Gurus*; successor to Guru Nanak Ji; *Guru* of Amar Das Ji; credited with having formalized the Gurmukhi script, which was used for the writings of the Sikh's Adi Granth Sahib and the Punjabi language

Anna

1/16 of a *rupee*, further divided into 4 *paise*; demonetized in India in 1957; also, *ana*

Antahkaran

Part, or faculty, of our subtle body; comprises a four-petaled lotus with the petals being - *manas, buddhi, chit, ahamkar*

Anuraag

Strong love or passion

Anurag Sagar

Lit. "Ocean of Love"; story of God's Creation in book form written by Param Sant Satguru Kabir Sahib

Apan vayu

One of five *pranas* or vital airs; controls eliminative functions (excretion, urination, menstruation) and the downward and outward flow of energy in the body

Arjan Dev Ji

Param Sant Satguru; (1563-1606); fifth in the lineage of Sikh *Gurus*; successor to his father, Guru Ram Das Ji; grandson of Guru Amar Das; *Guru* and father of Har Gobind Ji; compiled the Sikh's holy book Adi Granth Sahib; started His mission in 1581

Arjuna

Main character in the *Mahabharata*; third eldest of the Pandava brothers and son of *Lord Indra*; won Draupadi in combat; married to her together with his four brothers; master of supernatural weaponry and archery; ardent devotee of Lord Krishna

Arya Samaj

Lit. "Noble Society"; sect founded by Swami Dayananda on 7 April 1875 promoting values and practices based on the infallibility of the *Vedas*; members known as Arya Samaji

Asana

A yogic posture

Ashirwad

A general blessing

Ashram

Spiritual retreat, or living quarters, for a community of souls devoted to spiritual practices; a true *ashram* will only be created around a realized practitioner

Ashtanga Yoga

Eightfold *Yoga* path or system; described in the *Yoga Sutras* of Patanjali and popularized by Swami Vivekananda; starts with *Yamas* and *Niyamas* and ends with *Samadhi*; also known as *Raja Yoga*

Ashtavakra

Sage; (*Treta Yuga*); referenced in the *Ramayana*, *Mahabharata*, and the *Puranas*; noted for his physical handicap of 'eight crooked bends'; author of the *Ashtavakra Gita*; *guru* of King Janak

Ashvamedh Yajna

"Horse Sacrifice"; ancient *Vedic* ritual, where a stallion is selected and left roaming, accompanied by a group of at least hundred warriors; [Whosoever challenges the authority of the king, who has sent the horse, has to fight with his warriors. After one year the horse is guided home. The horse and some other animals are then asphyxiated and a specific ritual is performed to give birth to the new king.]

Asuras

In later *Vedic* texts and post-*Vedic* texts, regarded as malevolent 'lords' opposed to the benevolent 'lords', or *Devas*, within their respective domains

Atma, Atman

Soul, spirit

Attar

Arabic term, a fragrant essential oil

Avatar

Incarnation of a lesser deity, who manifests to restore some *karmic* or ethical imbalance in the world; not to be confused with Saints, Who are primarily concerned with the salvation of souls, with some notable exceptions, like Guru Gobind Singh and some of His predecessors, Who also worked as a kind of *avatar* to help eliminate the negative forces of Their time

Awadhi

Language classified as Eastern Hindi; spoken primarily in the Awadh region of Uttar Pradesh and Terai belt of Nepal

Ayodhya

Ancient City in India in the state of Uttar Pradesh at the river Sarayu; birthplace of Lord Rama; once capital of the ancient Kosala Kingdom; historical home of Paltu Sahib

Ayurveda

Lit. “Life-knowledge”; A holistic system of health care developed during the first millennium BCE in India; uses three elemental correlations called *doshas* (*Vata*, *Pitta*, and *Kapha*) for diagnosis and treatment of illnesses and afflictions; herbs, vegetarian diet, massage, *yoga*, and meditation are some of the modalities used in treatment

Azra Jyoti

Lit; “Primary light”; described as a projection of the sun in a mirror, reflected on a wall; one of the three types of illusory inner lights, or tricks of *Kal*, with *Jhilmil Jyoti* and *Sheesha Jyoti*; as opposed to the one genuine inner light of *Jagmag Jyoti*

Baag

Garden, also *bagicha*

Baba Kahan

An intoxicated hermit *faqir* from the village Varaich (or Vadaich) near Beas who was called Kahan Kamala (*kamala* meaning ‘mad’) and used to wander at the future site of the Dera Baba Jaimal Singh Ji Ashram many years before its construction collecting pebbles, stones and bricks to make a heap there stating, “An emperor will come here and there will be a big city.”; also, the name of a second holy *faqir* at Peshawar whom Masters Sawan Singh and Kirpal Singh used to visit

Babul

Acacia tree or gum arabic tree; tender twigs are used as a toothbrush

Bade Maharaj

Lit. “Respected elder great king”; also, “Big” or “Grand”; term of reverence expressed by Somanath Baba Ji for His Master, Sawan Singh Ji Maharaj

Baikhis

People masquerading as *sadhus*, wearing saffron-colored robes and collecting alms

Bairagan

Two pieces of wood joined into a T-shape to rest one's elbows on; used when practicing *Bhajan* (i.e listening to the Sound Current)

Baji Rao II

Peshwa monarch; (1775-1851); younger brother of Tulsi Sahib; last Peshwa of the Maratha Empire

Bajra roti

A flatbread made of pearl millet flour

Bal

Using one's strength to do harm to others

Bala

Disciple and traveling companion of Guru Nanak

Balakh and Bhokara

Two ancient cities, which were both historically important centers of Buddhism, Islam, and Zoroastrianism; associated with the story of king Ibrahim Adham; today Balkh is a district in northern Afghanistan and the Bukhara region lies in modern Uzbekistan

Bali

Benevolent king; born in the Asura race (grandson of Prahlad); became ruler of third netherworld of *Patala*, *Sutala* at the hands of Vamana, an *avatar* of *Vishnu*; also known as Mahabali

Banaras

City in India on the banks of Ganges River in the state of Uttar Pradesh; also known as Kashi or Varanasi; cultural center of northern India for thousands of years; historical home of Kabir Sahib

Bangali Babu

Initiate of Sawan Singh Ji; also known as Bua Das

Bangalore

Capital city of the Indian state of Karnataka located on the Deccan plateau; site of Baba Somanath Ji's Kengiri Ashram and Baba Ram Singh Ji's Channasandra Ashram

Bani

Scripture, verses, teachings when associated with a Perfect Master; esoterically, another term for *Shabd*

Bania

Term for a caste used primarily in the state of Bengal to denote bankers, merchants, and traders of the Vaishya caste

Bank Naal

Lit. "Crooked Tunnel"; very small passage, like the eye of a needle, where the ego has to become very humble to pass through; provides a transitional passage

from the Astral plane to *Trikuti* in the Causal plane; it is here that one's inner vision is reversed; also *Bunk Naal*

Banslochan

Medicinal lotion produced from bamboo shoots; described as a phenomenon produced by rain from the *swati nakshatra*

Banyan

Outer garment of clothing

Barkhurdar

The word *barkhurdar* traces its roots to the Persian language. This word is often used by elders to show affection for younger siblings when they address the children with some form of warmth or respect to convey the blessings, etc; the literal meaning of this is – “a very sensitive, obedient person, a sweetheart”, a term Baba Jaimal Singh Ji Maharaj used, referring to Sawan Singh Ji Maharaj

Basti

A *yogic* method of cleansing the colon by drawing warm water through the anus with the help of a little pipe, applying *Nauli* and *Uddiyana Bandha*, and then expelling it

Basur Raj

An initiate of Guru Nanak who kept returning to his worldly family in subsequent incarnations in lower life forms because of his worldly attachments

Beas

City in India in the state of Punjab; home of Jaimal Singh Ji and Sawan Singh Ji and site of the Dera Jaimal Singh Ji Ashram

Been

Description of the Inner Sound of the *Naam* in the Fifth Plane (*Sat Lok-Sach Khand*); resembles a snake charmer's reed flute (*shawm*) or bagpipe; sometimes referred to as sound of harp; also, *bin*

Bellary

City near Guddella in the state of Andhra Pradesh where the false *sadhu* who requested improper guidance from Ram Singh Ji lived

Betel nut tree

A species of palm tree which grows in the tropics and produces a fruit or nut. This betel nut, or *supari*, is eaten as an aftermint or eaten along with betel leaves after meals.

Betta Ashram

An *ashram* of Baba Somanath Ji's at Pahad; managed by Ram Singh Ji for five years between the passing of Somanath Baba Ji and meeting Ajaib Singh Ji

Bhaan

Awareness, consciousness

Bhaang

Intoxicating drink or paste made from the buds and leaves of cannabis and then mixed with milk, *ghee*, mangoes, and Indian spices

Bhagavad Gita

“Song of the Lord”; Sanskrit scripture that is part of the Hindu epic *Mahabharata*, which presents a synthesis of the concept of *Dharma*, theistic *bhakti*, and the *yogic* ideals of *moksha* through *Jnana*-, *Bhakti*-, *Karma*-, *Raja-Yoga* and *Samkhya* philosophy

Bhai

Brother, spiritual brother

Bhai Bela

Illiterate farmer; devoted disciple of Guru Gobind Singh Ji who received a new word each day as spiritual instruction from his *Guru* while tending to the *Guru*'s horses

Bhai Lehna

Original name of Guru Angad Dev Ji who became the second in the Sikh *Guru* lineage

Bhai Manj

Disciple of Guru Arjan Dev Ji who was a rich farmer but had to undergo great hardships during his discipleship; [Pleased with his efforts, Guru Arjan Dev Ji offered him the rule over the three worlds of *Kal*, but Bhai Manj asked only for the *Guru*. On further insistence, he requested that subsequent disciples would not have to be put through such rigorous challenges. This resulted in receiving initiation into *Surat Shabd* Yoga being much easier; this practice continued with His Successor, Guru Hargobind, but resulted in a significant increase in total initiates with the mission of Swami Shiv Dayal Singh Ji, which was described as ‘floodgates opening’.]

Bhajan

Devotional practice of listening to the inner Sound Current; devotional song written by a Saint

Bhaji

Fried snack; vegetables dipped in a gram batter and then deep-fried; also, *pakora*

Bhakti

Devotion

Bhandara

Feast under religious auspices, usually connected to some auspicious day or anniversary; also refers to a Saint's *Satsang* and the meals served thereafter to devotees

Bhanwar Gupha

Lit. "Whirling Cave"; vortex-like region of four rotating Sound Currents above *Maha Sunn*, the fourth spiritual region; region providing access to the fifth spiritual region, *Sach Khand*

Bharam

State of mental confusion, misconception, or illusion; duality created by mind when one identifies oneself as different, or separate, from God Almighty; also, *bhram*

Bharthari

Raja, Yogeshwar; (est 13th century); King of Malva Kingdom (modern Ujjain); maternal uncle and companion of King Gopi Chand of Bengal; disciple of Gorakh Nath

Bhavrog

The condition or affliction of having to go through an endless cycle of life and death

Bhes

A person's outer appearance or façade

Bhesdhari sadhus

Sadhus who wear saffron clothes and outer ornaments to give an impression of piety to intentionally mislead people

Bhringi

Predatory mason wasp that transforms caterpillars into *bhringi* through its sound

Bhukti

Involvement in and attachment to outer world indulgences; as opposed to *mukhti*, that is, spiritual salvation freeing one from outer world attachments and indulgences

Bhurabhai Hall

Site of Bombay program where Sant Ajaib Singh Ji gave Ram Singh Ji *rupees* from donations to begin His *ashram* in Guddella; also, site of current Bombay programs with Baba Ram Singh Ji

Bibi Lajo

Saintly disciple and personal cook of Sawan Singh Ji Maharaj

Bibi Ralli

Woman *sevadar* who chose to view hell in meditation and was saved by Sawan Singh Ji Maharaj

Bibi Rukko

Disciple of Swami Ji Maharaj who subsequently served as a cook for Jaimal Singh Ji Maharaj

Bibi Shibbo

Devotee of Swami Ji Maharaj who, on one occasion, inspired by devotional singing, left her bath and traveled unrobed to the feet of Swami Ji without being seen by anyone, such was the Master's Grace and protection

Bidi

Kind of Indian cigarette rolled from a *tendu* leaf (*Coromandel ebony*) and filled with flake tobacco or other herbs

Bir Singh

Devotee of Kabir Sahib, Raja of Varanasi

Bishan Das Ji

Disciple of Amolak Das in the *Udasi Mat* of two *Shabds*; first Master of Ajaib Singh Ji prior to his full initiation into *Surat Shabd Yoga* by Kirpal Singh Ji Maharaj

Bombay

City in India in the state of Maharashtra; currently called Mumbai

Brahm, Brahmand

The Causal plane between *And* and *Par Brahm*; Lit. "Egg of Brahm" because of its egg-like shape

Brahma

Hindu god; One of the Hindu Trinity; with *Vishnu* and *Mahesh (Shiva)*; functions as the 'Creator' in the lower three worlds; ruler of the second *chakra*, the regenerative plexus

Brahma bhoj

Food offering to the *brahmins*

Brahma Muhurta

Lit. "Brahm's hour", period of two *Muhurtas* (one *Muhurta*: 48 minutes) before sunrise, said to be an auspicious time for all kinds of spiritual practices

Brahmachari

Spiritual aspirant who practices chastity or, in a broader sense, control of all sense organs

Brahman

Universal Mind; *Kal Purush*

Brahmanand Ji

Mahatma from Pushkar in Rajasthan; wrote more than 500 *bhajans*, some of them were reprinted in the Sant Bani Bhajan Book

Brahmin

Considered the highest caste (*varna*) in Hinduism; specializing as priests, teachers (*acharya*) and protectors of sacred learning across generations

Bua Das

Another name for Bangali Babu; disciple of Sawan Singh Ji who disciplined himself to not eat unless he had enjoyed his meditation first

Buddhi

Mental ability to form and retain concepts; the intellectual faculty and ability to reason, discern, judge, comprehend, or understand something; one of four parts that constitute the lotus of *antahkarana*

Bulla Sahib

Sant from the 18th century (est 1693-1768); originally known as Bulaki Ram who lived in the Ghazipur district of Uttar Pradesh in India; Successor to Yari Sahib and in a lineage of Sant Mat Masters that includes Gulal Sahib, Bhikha Sahib, Gobind Sahib, and Paltu Sahib; illiterate and a potter by caste, He worked as a laborer and ploughman in the fields of His employer, Gulal Singh, whom He eventually initiated and made His successor

Bulleh Shah

Muslim Saint, (1680-1757); disciple of Shah Inayat Qadiri, better known as Inayat Shah, a Sufi Master of Lahore; His Sufi poetry is written in the Punjabi language

Burkha

Loose garment worn by Muslim women that covers the entire body, with a veiled opening for the eyes

Caliph

Muslim leader of the highest order; a type of Muslim monarch

Chakor

National bird of Pakistan known as the “Moonbird”; a bird in love with the moon that loves to gaze at it incessantly

Chakra

One of six energy vortexes, associated with six ganglions within the physical body (*Pind Desh*), to be differentiated from *Kanwals* (*Brahmand*) and *Padmas* (*Sat Desh*)

Chanaa

Dish or meal made with chickpeas or garbanzo beans

Chandool

From the *swati nakshatra* story, a very small bird that makes a hole in the head of an elephant that produces the *gajmukta* stone when a raindrop of the *swati nakshatra* fills that hole

Chapatti

Unleavened Indian flatbread made from a kind of durum wheat flour (*atta*); also, *roti*

Chappal

Sandal; open-toed shoe

Charan Singh Ji

Param Sant; (1916-1990); grandson of Sawan Singh Ji Maharaj; served as head of Radha Swami Satsang Beas after the passing of Maharaj Jagat Singh Ji

Charandas

Param Sant; (1706-1782); born in Rajasthan, but lived most of His life in or near Delhi; after initiation by Sukh Dev into *Surat Shabd Yoga*, meditated for twelve years in a cave in the vicinity of Delhi; said to have had fifty-two close disciples; His *Gurumukh* disciple was Gusain Yuktanand Ji; He was also the Master of Sahjo Bai and Daya Bai

Chatai

A small, very thin piece of carpet or cloth laid on the ground as a mat for sitting

Chatrik

A bird often mentioned in the Hindu scriptures that only drinks rain during the period of the *Swati Nakshatra*

Chaukri, chaukriyuga

Time equivalent of four *yugas*: *Sat Yuga* (1,728,000 years), *Treta Yuga* (1,296,000 years), *Dwajar Yuga* (864,000 years), *Kali Yuga* (432,000 years); a total of 4,320,000 earthly years, or 12,000 divine years; also, *chaturyuga*

Chaupar

A cross and circle board game very similar to pachisi, played in India. The board is made of wool or cloth, with wooden pawns and six cowry shells to be used to determine each player's move, although others distinguish *chaupur* from pachisi by the use of three four-sided long dice [Variations are played

throughout India and some parts of Pakistan. In most of the villages of Punjab, Haryana and Rajasthan, this game is played by older people]

Chaurasi

Lit. “Eighty-four”; the Wheel of 8.4 million life forms; the Wheel of Transmigration, or cycle of births and deaths

Chautra

A perimeter boundary of brick built around a plant or tree designed to retain soil, water, and fertilizer

Cheenti marg

Lit. “Path of the ant”; descriptive term describing one of four stages of development of the soul in its inner progress related to the speed with which the soul travels via the Sound Current within; [in increasing order, the progress is described as the speed of the ant (*cheenti marg*) from the outer nine doors up to the Eye Center within; the speed of the fish (*meen marg*), from the Eye Center into *Brahm*; the speed of a spider (*makari marg*) from *Par Brahm* up to *Sach Khand*; and finally, the speed of the swan (*vihang marg*) in *Sach Khand*]

Chhal

The act of being deceitful

Chidakash

Lit. “Conscious sky or heaven”; Spiritualized elemental ether originating from *Sahasdal Kamal*; experienced before the appearance of the Radiant Form of the Master within; heavenly region above the eyes; part of the first spiritual region

Chilum

A type of pipe for smoking tobacco or other stimulants

Chit

Awareness or consciousness, comprehension; one of the four parts of the *antahkarana*, the faculty to visualize in our mind

Chitragupta

One of the gods; born of the body of *Lord Brahma*, he is assigned to record all *karmic* actions in the *Akashic Records*

Chittor

City in India (Chittorgarh) in the state of Rajasthan; Mira Bai was known as the “Queen of Chittor”

Chudamani

The second son of Dharam Das Ji Who continued the *panth* of Dharam Das Ji as the first of the forty-two Masters to follow in that chain

Chivda

A savory snack with rice fried and made into flakes with salt, sugar and chilis

Chutney

Spicy Indian condiment made with fruit or vegetables

Crore

Numerically 10,000,000 (ten million)

Cronepati

Individual whose net worth or value is over a *crore* or ten million *rupees*

Dabba

A steel pail with a lid used for carrying multiple dishes for a meal; a lunch box

Dacoit

Bandit, robber; “*dacoity*” is the anglicized version of the Hindustani word “*dakaitī*”, meaning “armed robber”

Dadar

Densely populated residential and shopping neighborhood in Mumbai's central district, a prominent transit hub with local and national connectivity

Dadu Dayal Ji

Hindu Saint; (1544-1603); resided in Rajasthan, mostly in Jaipur state; *Guru* of Rajjab Ji, who noted down his Master's compositions, which are known as “*Dadu Anubhav Vani*”, a compilation of 5,000 verses

Daitya

One of the demon clans of the *Asuras* mentioned in the *Mahabharata*, the *Puranas*, and the *Smritis* of Hindu literature; a race of giants who fought as the aggressors with the *Devas* who had exiled them from heaven; members include Jalandhara, Prahlad and Bali

Dal

Dried pulse made from lentils, split peas, or various types of beans

Dargah

Persian word, lit. “Portal”; shrine to a deceased Saint; originally associated with Islamic Sufism largely found in the state of Punjab; in current times, musical offerings by dervishes and sheikhs based on mystic Sufi poetry are commonly offered to those in attendance

Darshan

Grace or blessing received from seeing or being seen by a Saint, or a person of some spiritual advancement; the “auspicious sight” of a holy person

Das Vidhi Nad

Lit. “Ten sounds” or *nads*, referring to from ten to twenty different inner sounds resonating from *chakras* below the Eye Center that can be heard within; [The *Das Vidhi Nad* sounds do not have the power to pull the soul up, but with the manifestation of the Radiant Form of the Master within, the soul is connected to the *Anahad Shabd*, which is the first manifestation of the Sound Current that has the power to pull the soul up from the physical body into the astral realm.]

Dasharath

King of Ayodhya; father of Lord Rama and his brothers: Bharata, Lakshmana and Shatrughna

Dasi

Maid, maidservant

Davangiri Ashram

Ashram of Baba Somanath Ji in Davangiri in the state of Karnataka

Daya

Mercy, compassion, grace, opposing force to the law of *karma*

Daya Bai

Female Saint; (end of 17th century); belonged to the same family as her Master Charandas and moved with Him to Delhi

Dayal

Lit. “Merciful”; another name for Absolute God, *Sat Purush*

Dayalkari mahatmas

Incarnations of the Positive Power, Saints; also, *Shabdkari mahatmas*

Delhi

Capital City of India; originally founded by the Pandavas and named Indraprastha; over the course of time, it was torn down and rebuilt over eight times; historical home of Kirpal Singh Ji Maharaj and the site of Sawan Ashram

Dera Baba Jaimal Singh

Name of Jaimal Singh Ji's and Sawan Singh Ji's *ashram* in Beas; largely built by Sawan Singh Ji Maharaj

Dev Lok

The astral plane or heavens where all the gods and goddesses reside

Devi

General term for a Hindu goddess

Dhan

Exclamation meaning “Hail”, “Congratulations”; also, *Dhanya*

Dhani Dharam Das

Saint; Soul that was pursued through four *yugas* by Kabir Sahib to ensure his salvation, as told in the *Anurag Sagar*; prophesized to be followed by forty-two incarnations of subsequent Masters

Dhanna Jat

Mystic poet; (1415-?); also known as Dhanna Bhagat; received initiation from Swami Ramanand Ji; name appears in a poem of Mira Bai; Adi Granth contains three of his hymns; *guru* of Trilochan Das

Dhanvantari

Hindu god of *Ayurveda*; considered to be an incarnation of *Vishnu*; emerged out of the Ocean of Milk, while it was churned, holding in his hands a pot of *Amrit*

Dharam

Guidelines for religious and social obligations for living a virtuous life; also, *Dharma*

Dharam Raj

Lord of Judgment, Lord of Death; also known as *Yamraj*; holder of the accounts of the uninitiated soul's deeds

Dhoti

Traditional men's garment, worn in the Indian subcontinent made of a rectangular piece of unstitched cloth, wrapped around the waist and the legs, and knotted at the waist

Dhruva, Dru

Mahatma; son of King Uttānapāda and his wife Suniti; initiated by Narad Muni at a young age; through determined devotion and renunciation he was given the boon of becoming the North Star after his death and, as such, became the ruler of our galaxy

Dhun

Sound Current, synonymous with *Shabd*, *Naam*, Logos, etc; lit. “Tune or melody”

Dhunatmak Naam

Shabd; that Name which cannot be spoken or written; Word of God

Dhuni, Panch Dhuni

Austerity of sitting with four fires on each side with the sun overhead providing the fifth fire

Dhyan

Meditation, as a state of penetrating and focused attention; with *Simran* and *Bhajan*, the means to dispel the illusion of *Maya* and *Kal*

Dohavali

Type of Indian poetry composed of couplets written by Kabir in the vernacular Hindi language

Doti

Method of cleansing the intestines by swallowing and extracting 2" strips of cloth soaked in honey

Draupadi

Daughter of Drupada, king of Panchala; born from a sacrificial fire as a result of the performance of the *putrakameshti yajna* by her father; became the wife of all five Pandava brothers at the direction of her mother-in-law, Kunti; she is one of the central figures in the literary epic, *Mahabharata*, where the story of the conflict between the Pandavas and the Kauravas is told

Durga

Goddess; most popular form of goddess *Devi*; in her form as *Durga*, she is not associated with any god and can display benevolent as well as wrathful aspects; within *tantric* traditions, she is called *Shakti*; mostly depicted as the slayer of the buffalo demon *Mahisasura*

Durvaasa Muni

Ancient *Rishi*; powerful, short-tempered sage; said to be born of the rage of *Shiva*, which was deposited in the womb of Anasuya, the wife of Atri; cursed the Yadava clan children of a village for mockery

Duryodhana

Eldest of the Kauravas, the one hundred sons of the blind king Dhritarashtra and Gandhari; crown prince of Hastinapur

Dwapar Yuga

“Bronze Age”, a decline in truth and religious values in evidence; 864,000 years in duration with human lifespans of 1,000 years

Dwarka

City in western India, built to replace the original city of Dwarka where Lord Krishna is said to have ruled and, as such, is one of the four most sacred pilgrimage sites for Hindus; believed to have been the first capital of the state of Gujarat

Dweep

Island; also, *dveep*

Eminabad

Ancient town in which Guru Nanak was said to have spent 40 days in meditation; a holy site for Sikhs

Fakir

Sufi ascetic; Sufi equivalent to Sant; someone who has reached the region of *Haqq*

Gaddi

Lit. “Mattress”; cushion for a throne; or generally, throne or ruling position; term used for conveying succession of a Master in an *ashram*

Gajmukta

From the *swati nakshatra* stories, when a bird makes a small hole in the top of an elephant’s head and it receives raindrops during the *swati nakshatra* period, this precious stone is formed

Gandharvas

Male nature spirits with superb musical skills, frequently depicted as singers in the court of Gods; husbands of the *Apsaras*; guardians of the *Soma*; some are part animal, part human, usually bird or horse

Ganesha

Hindu deity; son of *Parvati* and *Shiva*; ruler of the sphere of creation at the *Muladhara* or root *chakra* at the rectum; identified with the *mantra* “Om”; revered as the god of wisdom and the remover of obstacles; source of the *siddhi* mystical powers; distinguished by an elephant head with one broken tusk and protruding belly; also known as *Ganapati* (“Lord of Hosts”)

Gangajal

Term for blessed water of the Ganges River

Ganges River, Ganga

Longest river in India; site of many Hindu bathing pilgrimages; waters are considered sacred to Hindus

Gangodak

Lit. “Part of the Ganges”; water united with the Ganges, and thus, considered spiritually purified by Hindus

Ganika

Prostitute (*veshyaa*) who was taken to heaven by *Vishnu*

Ganja

Hemp or marijuana; top leaves and flowers of unfertilized female plants are typically smoked as an intoxicant

Garuda

Hindu deity; the mount of *Lord Vishnu*, eagle-like; sworn enemy of the *Naga* serpent race; “devourer of snakes”

Gautama Buddha

Avatar; (est 558 – 491 BCE); ninth incarnation or *avatar* of *Lord Vishnu*, according to Vaishnava Hinduism; founder of Buddhism as a religion; established a monastic order in eastern India; adopted the Noble Eightfold Path, or Middle Way, to enlightenment as a means of liberation

Ghadi

Astronomic time reference (an extremely short time) of three hours

Ghala Singh

Devotee of Sawan Singh Ji who plays a part in a story about losing his way in a forest and is saved by the inner *Darshan* of Sawan Singh Ji Who instructs him on the way back to safety

Ghat

Bank of a river used for bathing, washing clothes, or funeral rites by the poor

Ghat Ramayana

Lit. “Ramayana of the body”; originally written in 1618 by Tulsi Das Ji in the Awadhi language for the common people who were unversed in Sanskrit to introduce them to the secrets of *Sant Mat*, it received stiff opposition from the religious orthodoxy, so Tulsi Das wrote the *Ramcharitmanas* (lit. “Lake of the deeds of Rama”), the story of Lord Dasharath and Lord Rama, in its stead; later, in the incarnation of Tulsi Sahib, the *Ghat Ramayana* was reintroduced

Ghee

Clarified butter

Ghor

Awful, flagrant

Ghuman

City in the state of Punjab; historical home of Hindu Saint Namdev (1270-1350) and site of His shrine; birthplace of Jaimal Singh Ji Maharaj

Ghungaroos

Ankle bells worn by Indian dancers; worn by Rai Saligram while doing water-carrying seva to emphasize his devotion to his Master as an answer to his taunting relatives who felt his seva was a slander to their brahmin status

Girdhari Lal

Gurumukh disciple of Tulsi Sahib; friend of Swami Ji Maharaj; lived in his later years in Lucknow

Gobind Sahib

Sant; (early 18th century); *Guru* of Paltu Sahib

Gobind Singh Ji

Param Sant Satguru and *avatar*; (1666-1708); tenth in the lineage of Sikh *Gurus*; last of the Sikh *Gurus* recognized by orthodox Sikhism; started the *Khalsa* military faction to fight the Moguls

Gopi Chand

Raja, Yogeshwar; (13th century?) King of Bengal; companion of the King Bharthari; disciple of Jalandhar Nath

Gopis

Cow herding girls famous within Vaishnava theology for their unconditional devotion (*bhakti*) to Krishna

Gora Kumbhar

Hindu Saint; (1267-1317); a potter; *Guru* of Namdev

Gorakhnath

Yogeshwar; (est 13th century); disciple of Matsyendranath, one of the Mahasiddhas; founder of the Nath Hindu monastic movement in India; debated Kabir as a *pundit* and was humbled in defeat

Gorochan

From the *swati nakshatra* stories, a medicinal substance produced in the stomach of a cow or bullock after it ingests raindrops during the *swati nakshatra* period

Govardhan Mountain

Legendary mountain lifted up by Krishna to protect the villagers from the wrath of *Indra*'s rain; *Indra*'s defeat began the movement in Hinduism away from sacrificial appeasement and emphasized *karma* and *dharma*

Grahasth

Householder; head of a family

Granth

A book, tract, or volume of religious scripture

Guddella Ashram

Present home of Ram Singh Ji in a rural area of the Indian state of Andhra Pradesh

Gufa, Gupha

A cave; a secluded cave for practicing meditation or austerities

Guna

Quality, peculiarity, attribute, property; the three *gunas* and their origins are: *sattva* (*Vishnu*), goodness, constructive, harmonious; *rajas* (*Brahma*), passion, active, confused; and *tamas* (*Shiva*), darkness, destructive, chaotic; they are present in all things and their interplay defines someone's or something's character or nature and determines the progress in life

Gurdwara

Lit. "Door to the *Guru*"; temple of worship for Sikhs

Guru

Spiritual Teacher, Master; lit. "Dark to light"; guide and protector of the spiritual aspirant

Guru Bhandu

A brother disciple

Guru Granth Sahib

Primary scripture of the Sikh religion; originally compiled in 1604 by Bhai Gurdas under the direction of Guru Arjan Dev Ji; renamed from original *Adi Granth Sahib* by the Sikh orthodox after the tenth *Guru*, Guru Gobind Singh, left the body; intended to serve as the living *Guru* in the absence of a recognized living Master

Guru Mat

Spiritual path of devotion to one's *guru*; path of *gurubhakti*

Gurubhakti

Devotion to the *Guru*

Gurudev

Radiant Form of the Master

Gurumukh

Lit. "Mouthpiece of the *Guru*"; devotee who has submitted his being to the *Guru*, enabling himself to give full expression to the *Guru's* teachings

Gurumukh shisha

Gurumukh disciple

Guruvatra

Disciple loyal and devoted to the *Guru*; fidelity and respect for ones *Guru*

Gyani

Possessor of religious wisdom; a sage or learned person

Gyanindriyas, Jnanendriyas

The five sensory organs of the body: nose (*ghrana*), eyes (*caksu*), tongue (*rasana*), skin (*tvak*) and ears (*srotra*); complimentary with the five *karmendriyas*; [Lit translated, *karmendriya* means 'organ of action' – that which facilitates our sensory contact with the outer world – or that which enables us to interact with the material objects of the world. These five organs of action are: 1. *pada* (feet) for locomotion; 2. *pani* (hands) for dexterity; 3. *payu* (rectum) for excretion; 4. *upastha* (genitals) for reproduction; 5. *vak* (mouth) for speech

Haiza

Hindi term for cholera

Halvah

Soft sweetmeat or pudding made with ghee, sugar, and flour

Hans Marg

Path of the 'swan'; path to liberation

Hansa

Swan or goose; iconic image for the liberated soul, as a swan resting on *Mansarovar*, the Pool of Nectar in *Par Brahman*; also, *Hamsa*

Hanuman

Avatar of *Shiva*; devotee of Rama; one of the chieftains of Sugriva, lord of the monkey-like Vanara race; rescued Rama's wife Sita from the demon king Ravana; widely revered in India as the consummate disciple

Hari Ichha

Will of God

Haridwar

City on the banks of the Ganges River; regarded as a holy site in Hinduism; "Vishnu's Gate"; hosts the *Kumbh Mela* festival every 12 years

Harijan

Lit. "Child of Hari"; lowest caste in Hindu caste system, coined by Mahatma Gandhi; Kabir Sahib used the term for a 'devotee of God Almighty'

Harishchandra

King of Ayodhya; lived during the *Treta Yuga*; held accountable by Sage Vishwamitra for abuse suffered at the hands of Vighnaraja, the lord of the obstacles, who was using Harishchandra's body to disturb the sage's meditation; to atone for this Harishchandra gave away his kingdom and all his possessions

and later on even sold himself and his family into slavery to pay the debt demanded by Vishwamitra

Hatha Yoga

Yoga system of physical postures and breath control, yoking together the solar and lunar energies (*Ha* and *Tha*), limited in reach up to the *Akash* region

Hathras

City in India in Uttar Pradesh; site of Tulsi Sahib's Jogiawalla village

Havan

A fire ritual performed by Dhani Dharam Das as part of the *Satya Narayan* ritual; also, *homa*, lit. “ritual”, described as a votive ritual involving material and symbolic items, such as grains, *ghee*, milk, incense and seed

Hiranj

Lit. “Gold, or something made of gold”

Hriday

Gurumukh disciple of Tulsi Sahib

Hukam

Command or order; denoting the Divine Will; derived from the Arabic *hukm*

Ida

One of three energy flows within the body (*Ida*, *Pingla*, and *Sushumna*); *nadi* associated with lunar energy, parasympathetic nerve system, controlling the left side of the body and the right hemisphere of the brain

Inaayat Shah

Muslim Saint; (1643–1728); *Guru* of Bulleh Shah, born in Kasur, where he was working as horticulturist; later moved to Lahore, where he became the *imam* of the Unchi Masjid

Indra

Hindu god; king of the gods; the god of rain and thunder; Hindu equivalent of the Greek god Zeus

Indriya

Sense organs; the five *Jnanendriyas*, or senses of perception: eyes, ears, nose, tongue, skin; and five *Karmendriyas*, or organs of deed: mouth, hands, feet, sexual organ and anus

Jaagaran

Wakeful state of mind

Jadh sharir

The temporary, physical, mortal body; or a jiva presently encased in the physical body

Jaggery

Traditional raw sugar obtained by evaporating water from sugarcane juice or other sources

Jagmag Jyoti

Lit. “Stable light”; the one genuine inner light form of *Jyoti*, which the Saints connect us with; as opposed to the three types of illusory inner light forms, the tricks of *Kal*: *Azra Jyoti*, *Jhilmil Jyoti*, and *Sheesha Jyoti*

Jaimal Singh Ji

Param Sant Satguru; “Soldier Saint” (*Santsipahi*); (1839-1903); soldier in the Indian army; initiated by Swami Ji Maharaj in 1856 and began mission as *Guru* in 1877; one of Swami Ji Maharaj’s successors; *Guru* of Sawan Singh Ji Maharaj

Jal Pralay

Dissolution that occurs after each *Mahayuga* or *Chaukriyuga*

Jalandhar City

City in India; capital of Punjab until 1953

Jalandhar Yogi

Also known as Jalandhar Nath; Mahasiddha Jalandharipa (12th century); *guru* of Raja Gopi Chand

Jalandhara

Demon king who was born of the fire of *Shiva*’s third eye and the ocean; became the emperor of the *Asuras*

Jaldhara

Austerity of water, where cold water is dropping on one’s head

Jalhan Bhakt

Gurumukh satsangi who plays a part in a Paltu Sahib story disputing the efficacy of omens and auspicious dates and times

Jamuna River

Second largest tributary to the Ganges River in northern India; near the *ashram* of Swami Ji Maharaj from which Saligram Ji would fetch water as *seva*

Jap Ji

The writings of Guru Nanak put into poetic form by Guru Angad; this is the comprehensive essence of the religion of Sikhism; One of the Five *Banis* to be recited every day (*Nitnem*); Jap Ji appears as a kind of preamble to the Guru Granth Sahib, the holy scripture of the Sikh religion; *Nitnem* consists of (1) *Jap*

Ji Sahib, (2) *Jaap Sahib*, (3) *Tav-Prasad Savaiye*, (4) *Rehras Sahib*, (5) *Kirtan Sohila* which are to be recited daily. There are also other *banis* for daily recitation like *Sukhman Sahib*, *Asa di Var*, *Chaupai Sahib*, *Anand Sahib*, etc.

Japa, japi

Lit. “To utter in a low voice, repeat internally, mutter”; meditation discipline involving repetition of *mantras*, orally or silently; one who practices *japa* is called a *japi*

Jatharagni

The internal fire produced within one’s being when experiencing the *panch dhuni*, the austerity of sitting while being surrounded by four burning fires and the sun overhead as fifth fire

Jesus of Nazareth

“Christ (Anointed One)”, founder of Christian religion; some references to Inner Light and Inner Sound are found in the New Testament evidencing a relationship between esoteric Christianity and the practice of *Surat Shabd Yoga*

Jhanjari Dweep

Island Region; lower part of *Sahasdal Kamal*; region *Maya* descended to create the five elements necessary for the creation of the three lower worlds

Jhilmil Jyoti

Lit. “Wavering light”; described as the sun reflected in water; one of the three types of illusory inner lights, or tricks of *Kal*, with *Azra Jyoti* and *Sheesha Jyoti*; as opposed to the one genuine form of inner light of *Jagmag Jyoti*

Jiva

Soul embodied in the body; the soul is indestructible, is eternal and shall sustain forever and cannot decay

Jogiawala Gaon

Ashram of Tulsi Sahib, in Hathras

Jyoti

Light, inner light; another name for *Maya*; also denoting *Prakriti*

Jyoti Niranjan

Form assumed by *Maya* and *Kal* in *Sahasdal Kamal* in the first spiritual region

Kabir Ashram

Memorial site dedicated to the teachings of Kabir located in Varanasi

Kabir Sahib

Muslim Saint (1398-1528); Muslim Saint from Kashi; author of *Anurag Sagar* (Ocean of Love); first Saint to manifest in all four *yugas*

Kailash

The heaven of *Shiva* and *Kuber*; one of the three eminences in *Trikuti* with *Mer* and *Sumer*

Kajal

Eyeliner made from soot of different burned materials like *ghee*, castor oil, sandalwood, and can also contain other substances, like antimon or galena

Kak Bhusundi

Crow-like personage; teacher of *Garuda*; from the end of the *Treta Yuga*

Kal Nirajan

Time personified; the Negative Power; one of the sixteen sons of *Sat Purush*; ruler and creator of the lower three worlds: *Pind*, *And*, and *Brahmand*

Kalaas

“Wisdoms of the soul”; relates to supernatural powers, or *riddhi-siddhis*; twelve of these kalaas were attained by Sukhdev while in the womb prior to birth

Kali Yuga

“Iron Age”, the Age of irreligion and ignorance as religious principles are in full decline; most religions will disappear completely within a few thousand years; *Kali Yuga* lasts 432,000 years with a human lifespan of only 100 years

Kalkari mahatmas

Incarnations of the Negative Power; *avatars* of the agents of *Kal Nirajan*

Kalpa

One thousand *Mahayugas*, or one day of *Brahma*

Kalpavriksha

The ‘wish-fulfilling tree’; one of the jewels obtained through the churning of the milk ocean

Kam

Sexual passion or lust; covetousness in a general sense; one of the five *dacoits* or thieves of meditation described by *Sant Mat* Masters, including anger, greed, attachment, and ego

Kamaali

Daughter of Kabir Sahib

Kamandal

Oblong water pot made of a dry gourd (pumpkin) or coconut shell, metal, wood of the *Kamandalataru* tree, or from clay, usually with a handle and sometimes with a spout; used by *yogis* to store water

Kamat drishtee

Lit. “real attention”; the process of keeping one’s attention rooted in the Master or God Almighty within while performing all of one’s duties in the physical world outside; like that of a turtle who hatches its eggs while being out at sea

Kamdhenu

Described in Hindu mythology as the ‘mother of all cows’ with the ability to grant all wishes and desires; also known as *Surabi*; one of the jewels obtained through the churning of the milk ocean

Kapat

Acting or posing as something which is outside of one’s character

Kapha, Pitta, Vata

Terms of expressions of the three *doshas* (“faults”) in *ayurvedic* medicine that indicate imbalances within the five elements (ether, air, fire, water, and earth) and their relationships within the body; central to the *ayurvedic* practice of *nadi pariksha*, or pulse taking (primarily over the radial artery in the wrist), as a means of holistic health diagnostics; the index finger is used for the *vata* pulse associated with the subtle energies of *pranas* (air and ether elements); the middle finger is used for the *pitta* pulse associated with the subtle energies of the *tejas* (fire and water elements); and the ring finger is used for the *kapha* pulse associated with the subtle energies of the *ojas* (water and earth elements); the speed and strength of the individual’s pulse and the time of day they are taken give the practitioner insight into any imbalances in one’s physical, mental, emotional, or spiritual well-being

Karah prashad

A kind of sweet treat similar to halvah

Karma

Action, work, or deed, and its repercussions; referring to the material principle of cause and effect; the intent and actions of an individual (cause) influence the future of that individual (effect), which keeps a soul wandering in the cycle of transmigration; includes unfinished action and action done under the impression of ego and desire

Karmendriya

Five senses of action; lit translated, *karmendriya* means ‘organ of action’ – that which facilitates our sensory contact with the outer world — or that which enables us to interact with the material objects of the world. These five organs of action are: 1. *pada* (feet) for locomotion; 2. *hasta* (hands) for dexterity; 3. *payu* (rectum) for excretion; 4. *upastha* (genitals) for reproduction; 5. *vak* (mouth) for speech

Karna

Suryaputra; one of the central characters in the *Mahabharata* known for great generosity and the only warrior capable of defeating Arjuna; son of the sun god *Surya* and the eldest son of his mother Kunti, who would later become the mother of the Pandavas; begotten with the help of a *mantra* given to her as a boon by Vishvamitra; when still very young, she abandoned him in a basket and he was raised by a chariot driver

Karnataka

State of India; location of Channasandra Ashram, site of western disciple retreats

Karpoor

A phenomenon associated with raindrops falling during the period of the *Swati Nakshatra* which, when falling on a banana tree, produces a highly valuable aromatic medicinal camphor-like lotion

Karunamai

Incarnation of Kabir Sahib in the *Dwapar Yuga*, the third of four *yugas*, the Copper Age; instructs Queen Indra Mati in the details of the Creation as described in the book *Anurag Sagar*

Kashi

City in India; also known as Banaras, or Varanasi; home of Kabir Sahib

Kasturi

From the *swati nakshatra* story, musk produced in a small sac in the abdomen below the navel of a male musk deer when it ingests a raindrop during the *swati nakshatra*

Katori

Bowl, Indian service ware

Kauda Rakshasa

Rakshasa; also called Kauda Bheel; sometimes depicted as *Rakshasa* (demonic beings said to have been born from the breath of *Brahma*); most probably the head of the Bheel race, who were described as a race of 'man-eaters'; captured Guru Nanak Ji's companion Mardana, who was later released by Guru Nanak; Kauda Rakshasa recanted his ways and became a devoted disciple of Guru Nanak

Kauravas

Descendants of King Dhritarashtra and cousins of the Pandavas with whom they fought as told in the epic *Mahabharata*

Kazi

Magistrate or judge of the Shari'a court, who also exercises extrajudicial functions, such as mediation, guardianship over orphans and minors, and supervision and auditing of public works; also "Qadi", meaning to "judge" or to "decide"

Kehar Singh

Fellow office worker with Sawan Singh Ji Maharaj who came to understand the meaning of 'two gods', the god of the world and the God of the Saints

Kengeri Ashram

Home of Baba Somanath Ji, in Bangalore

Khadi

Coarse cotton cloth

Kheer

Indian sweet dish made from various ingredients, i.e. milk, pumpkin, rice, carrot, wheat, etc.; also, *khir*

Khichree

Boiled dish or meal made with rice and split lentils, *ghee*, and salt

Khus

A particular type of grass that is used in rituals during funeral ceremonies

King Janak

Philosopher King and *Sadhu Mahatma*; (est 7th century BC); devotee of Ashtavakra; father of *Sita*; renowned for his patronage of *Vedic* culture and provided an intellectual court for *brahmin* sages such as Yajnavalkya; having reached *Sahasdal Kamal*, after his passing, he used his *vivek simran* to relieve all the souls in hell of their punishment, allowing them to be reborn back into the cycle of life and death; *guru* of Sukhdev Muni

Kirpal Singh Ji

Param Sant Satguru; (1894-1974); founded Ruhani Satsang; President of the World Fellowship of Religions from 1957-1971; first Living Master to visit the West; one of Sawan Singh Ji Maharaj's successors; *Guru* of Ajaib Singh Ji Maharaj

Kisan Nagar

Site of *ashram* where *yogi* lost his life with improper use of *apan vayu*

Krishna

Avatar; eighth *avatar* of *Vishnu*, Hindu god who gave the oral teaching of the *Bhagavad Gita*; central character in the *Mahabharata* who came to usher in the *Kali Yuga*

Kriya

Lit. “Action, deed, effort”; most commonly refers to a “completed action”; technique or practice within a *yoga* discipline, meant to achieve a specific result or outer manifestation; Lord Krishna in the *Bhagavad Gita* advocates a form of *yoga*, called “*Kriya Yoga*”

Kriyaman karma

Karma created during the current incarnation of a soul; stored at the heart center

Krodh

Anger, rage; one of the five *dacoits* or thieves of meditation described by *Sant Mat* Masters, including lust, greed, attachment, and ego

Kshar

Term describing the seven inner planes below the eyes; see also *Akshar* and *Ni-Akshar*

Kshatriya

One of four castes, or *varna*, of the Hindu society; associated with the ruling and military elite, the warrior caste

Kubera

Hindu god of wealth; uncle of Ravana; deposed by Ravana from the fortress city of Lanka

Kul

A person's family lineage

Kumati

One who is subject to perverse thinking; weak-minded or foolish; selfish in nature

Kumbh Mela

Hindu festival held once every twelve years in one of four sacred sites where bathing for purification from sin is considered especially efficacious; the four sacred sites are: 1. The confluence of the river Ganges, the river Yamuna and the mythical river Sarasvati near the city of Prayagraj (also known as Allahabad); 2. The river Ganges near the city of Haridwar; 3. The river Godavari near the city of Nashik and; 4. The river Shipra near the city of Ujjain. Each of these sites are considered one of the four drops of nectar from the churning of the milk ocean that fell unto the earth from the *Puranas* of Hindu scriptures

Kumbhi Narak

Hell; one of twenty-eight hells enumerated in the *Bhagavad Purana*; reserved for persons who engaged in adultery; Pot Hell emptied by *Guru* Nanak to redeem an initiated soul mistakenly confined there

Kunichuk Ashram

Ashram of Ajaib Singh Ji prior to his initiation by Kirpal Singh Ji Maharaj Who instructed him to leave all of his worldly attachments to begin intense spiritual devotion and meditation in *Surat Shabd Yoga*

Kurma

First Son of sixteen Sons created at the beginning of Creation by *Anaami Purush*; provided the material for creation of the lower worlds by *Kal*; also known as *Kurm*

Kurta

Loose shirt falling just above or below the knees of the wearer; traditionally worn by men, however, women also wear the straight cut *kurta*, or its shorter version, the *kurti*

Lakh

Numerically 100,000 (one hundred thousand)

Lakhshatmak

Shabd; that Name which cannot be spoken or written; Word of God; also, *Dhunatmak*

Lakshman

Son of Raja Dasharath and half-brother of Rama

Lakshmi

Hindu goddess of fortune and wealth; wife of *Vishnu*; also called *Padma*, *Kamla*, *Shri*

Langar

Communal kitchen at an *ashram* or Sikh temple, where food is served to all for free

Lanka

Name of Sri Lanka from the prior *Dwapar Yuga*; fortress city of the demon Ravana; esoterically a reference to *Trikuti*

Ling

Symbolic phallic idol; an abstract or an iconic representation of the Hindu deity, *Shiva*

Lobh

Greed, avarice; one of the five *dacoits* or thieves of meditation described by *Sant Mat* Masters, including lust, anger, attachment, and ego

Loi

Wife of Kabir Sahib

Lok

Region or plane; in *Sant Mat*, typically refers to the three planes of Triloki (physical, astral, and causal) and a fourth plane, *Sat Lok*, the plane of Truth; in Indian mythology, three 'Loks' are delineated as *Patal lok* (Underworld or Netherworld), *Bhoo lok* (the Earth plane) and *Swarg lok* (the Heavenly plane)

Lungi

A long piece of colored cotton or silk cloth used as clothing, such as a skirt or loincloth or sash

Maalaa

Garland of beads or flowers; a Hindu rosary

Maarg

Path or doctrine; religion

Macchindranath

Noted historical Yogeshwar; considered the founder of Hatha Yoga who attained the region of Brahm via tapas, tantras, and austerities, but couldn't go farther without the Naam; considered to be the guru of Gorakhnath

Machar and Ramdita

Farmers; disciples of Sawan Singh Ji Maharaj associated with the story of seeing Master's Radiant Form before watering the fields

Machilipatnam

City in India in the state of Andhra Pradesh; site of the 'fisheye' gate

Maghar

City in the state of Uttar Pradesh; burial place of Kabir Sahib to defy the Hindu belief that one goes to hell if one dies there

Maha Kal

Form of *Kurma* whose abode is in *Maha Sunn*

Maha Pralay

"Great Dissolution"; dissolution of Creation that occurs up to the region of *Bhanwar Gupha*

Maha Sunn

Lit. “Great Void”; plane below *Bhanwar Gupha* and above Sunn; home of *Maha Kal*; its entralling beauty is said to capture spiritual beings who try to traverse it without the protection of a *Sant Satguru*

Mahabharata

One of the two major Sanskrit epics of ancient India; an epic narrative of the Kurukshetra War and the fates of the Kaurava and the Pandava princes; composed by Ved Vyasa as an allegorical story of the inner science, long before it was historically acted out at the turn of *Dwapar* to the *Kali Yuga*, to veil its true importance; also contains some other principal works, like the *Bhagavad Gita*, Damayanti's story etc. and is the longest known epic poem of mankind; longest version comprises about 200.000 verses

Mahadevappa Swami

An early disciple of Baba Somanath prior to Baba Somanath having been initiated into the Path of *Surat Shabd Yoga* during the time when both were *yogis*; they were both subsequently given initiation into *Surat Shabd Yoga* by Baba Sawan Singh Ji Maharaj; while Mahadevappa was living at the Pahad Ashram, he abandoned his devotion to *Sant Mat* and returned to his previous *yogic* practices; later, Mahadevappa was severely chastised when he gave the *Sant Mat* initiation instructions to three women without authorization to do so; he became violently ill afterwards and, shortly thereafter, he left the body [Subsequently, Mahadevappa was reincarnated as an infant son born to the family of R.R. Singh, a noted *satsangi* disciple of Baba Somanath Ji. The infant lived only briefly for a few days before passing and reincarnating again in the current form of Baba Ram Singh Ji. After Baba Ram Singh Ji's initiation again into *Surat Shabd Yoga* by Baba Somanath Ji, R.R. Singh would play an important role in the development of Baba Ram Singh Ji's devotional development]

Mahajan

Lit. “Great person”; a distinguished person

Maharaj

Lit. “Great King”; ruler, honorary title

Maharashtra

State in the western region of India; second most populous; home of Tulsi Sahib and Sakkubai; Shivaji Maharaj, a disciple of Guru Ramdas, was the first king of the Marathi empire

Mahatmas

Lit. “Great souls”

Mahayuga

One cycle of four *yugas*

Mahesh

Hindu god; one the Hindu Trinity; also known as *Shiva*, the 'destroyer' of the lower three worlds

Mahishasura

Rakshasa; a buffalo demon being with notable mystic powers including shape-shifting; battles the goddess *Durga* in a battle of good vs. evil and is ultimately killed by *Durga*

Makari marg

Lit. "Path of the spider"; descriptive term describing one of four stages of development of the soul in its inner progress related to the speed with which the soul travels via the Sound Current within; [in increasing order, the progress is described as the speed of the ant (*cheenti marg*) from the outer nine doors up to the Eye Center within; the speed of the fish (*meen marg*), from the Eye Center into *Brahm*; the speed of a spider (*makari marg*) from *Par Brahm* up to *Sach Khand*; and finally, the speed of the swan (*vihang marg*) in *Sach Khand*]

Malayagiri Mountain

Mountain generally thought to be near the Himalayas, supposedly known for high-quality sandalwood trees; [In Bharatiya literature, a description of Malayagiri is given by many poets, known for its sandalwood trees. However, an earlier source mentions Srigandhan sandalwood as the finest quality was found in the Malaya mountains in the south, hence the name Malayagiri; the Malaya mountain range is an ancient Indian name for the southernmost part of the Western Ghats. Malaya was later on probably mixed up with the word Himalaya.]

Maluk Das

Sufi Saint; (1574-1682); resided in northern India, near Allahabad; as a child he was recognized by a *sadhu* as Saint because of his unusually long arms, reaching below the knees; He was even respected by emperor Aurangzeb

Man Mat

A life path of mind devoted to pursuing worldly attainments — wealth, social status, etc

Manas

One of the constituents of the four-petaled lotus of the *antahkaran*; associated with inner mental and emotional processes; derived from the root *man*, "to think"; controls *sankalp* (resolve or will); also, *man*

Mandala

Lit. "Circle" or "Realm"; a spiritual and ritual symbol in Indian religions representing the universe, or a place or inner realm ruled by a specific deity; used as a means of contemplation

Manik

A luminous precious stone or pearl; [from a reference in a *bani* of Paltu Sahib, this term is used for referring to a *nagmani* which is used by a type of snake to attract insects as its prey]

Maninder

From the *Anurag Sagar*, the name of *Gyani* (Kabir) during His incarnation in the *Treta Yuga*

Manmukh

One who is given to obey the dictates of the mind being influenced by the five *dacoits* of lust, anger, greed, attachment, and ego; one who shows indifference to the *Guru* and the Teachings of *Sant Mat*

Mansarovar

Pool of nectar in *Par Brahm* region beyond the three lower worlds, wherein the soul is cleansed of *karmas* upon immersion

Mansik puja

Ritual worship performed in the mind only

Mansur Al-Hallaj

Sufi Saint; (870-923); a merchant from Persia; disciple of Sahl al Tustari and other Sufi Masters; traveled wide and far and is said to even have gone to China on his missions; finally executed for stating, “I am Truth (God)” as an acknowledgment of the annihilation of ego; [The poet Bhai Nand Lal Goya wrote in one of his Ghazels that Mansur has ‘opened’ the path of love. His death sentence was even undersigned by Sufi Master Junaid and when asked why He did that, knowing who he was, Junaid said, “Mansur wishes to glorify his love for God in this way”. Other Masters said he was punished by God for having disclosed the inner secrets.]

Manthan

Samudra manthan; shaking up, churning of the ocean

Mantra

Lit. “Instrument of thought”; name, word or phrase repeated orally or silently to inculcate desired trait or blessing of a specific god or deity, or to transport someone to a specific transcendental location

Mardana Ji

Sikh; (1459–1534); traveling companion and first disciple of Guru Nanak Sahib who used to play the *rebab*, a stringed instrument; born in the same village as Guru Nanak and ten years His elder

Marich

Rakshasa; uncle of Ravana, had power to convert his shape to any animal

Marjiva

Pearl diver; lit. “*mar*, meaning to die”, and “*jiva*, meaning to be alive”; [The pearl diver doesn't care for his life and dives into the ocean, and when he comes back after facing many dangers, he becomes alive.]

Masjid

Mosque, a place of worship for followers of Islam

Mastana Ji

Param Sant Satguru; (1891-1960); initiated by Sawan Singh Ji; also known as Baluchistani; assigned the areas of northern Rajasthan and western Haryana to fulfill His mission

Matang Rishi

Rishi from the *Treta Yuga*

Matar

An Indian sweet dish

Math

Generic term for a place or monestary where a group of devotees of a sect meet

Maulana Rumi

Sufi Master; (1207-1273); originated from Balkh; author of the '*Masnavi*', regarded as the greatest poem in the Persian language; became a disciple of Shams-e Tabrizi in 1244; after Him, the Mevlevi Sufi order was founded

Maulvi

Title given to a Muslim religious scholar; Bulleh Shah was considered a *maulvi*; also *mawlawi*

Maya

Lit. “Illusion”, Co-creator of the three lower worlds with *Kal* (Physical, Astral, Causal); also known as *Shakti* or *Durga*

Mecca-Medina

Two Muslim pilgrimage sites located in Saudi Arabia

Meen marg

Lit. “Path of the fish”; descriptive term describing one of four stages of development of the soul in its inner progress related to the speed with which the soul travels via the Sound Current within’ [in increasing order, the progress is described as the speed of the ant (*cheenti marg*) from the outer nine doors up to the Eye Center within; the speed of the fish (*meen marg*), from the Eye Center

into *Brahm*; the speed of a spider (*makari marg*) from *Par Brahm* up to *Sach Khand*; and finally, the speed of the swan (*vihang marg*) in *Sach Khand*]

Melkunta

Village where Ram Singh Ji held first *Satsangs* in name of Sant Ajaib Singh Ji

Mehndi

Leaves of this plant are used to produce henna; a brownish-red dye or stain applied for hair coloring or as patterns on the skin for ritual or aesthetic purposes

Mewar

Region of south-central Rajasthan in India whose ancient capital was Chittorgarh; historical home of Mira Bai

Mian Mir

Sufi Saint; (1550-1635); close friend Guru Arjan; was honored to lay the cornerstone of the Sikh's most holy site, the Golden Temple at Amritsar, the Harmandir Sahib, in 1588; before Guru Arjan's death Mian Mir asked if He should destroy the city of Dehli to save Him from torture; resided in Lahore, specifically in the town of Dharampura in present-day Pakistan; a direct descendant of Caliph Umar ibn al-Khattab and belonged to the Qadiri order of Sufism; spiritual instructor of Dara Shikoh, the eldest son of Mughal emperor Shah Jahan; founder of the Mian Khail branch of the Qadiri order; His sister Bibi Jamal Khatun was a disciple and a notable Sufi Saint in her own right

Mira Bai

Female Saint; (16th century); Rajput princess, born as daughter to the Raja of Merta and married to Raja Bhojraj from Mewar in Rajasthan; later, a disciple of Ravidas Ji; known for devotional songs

Mithila

Common name for the ancient Videha Kingdom; [Modern-day Mithila comprises more than half of India's Bihar state and the eastern parts of the Madhya Pradesh region and also some part extending into Nepal territory, located on the eastern Indo-Gangetic Plain. The kings of Mithila were known as Janakas. The most famous of them being Seeradhwaja Janaka, the father of Sita. The original capital Mithila during the Janaka Dynasty was later shifted to Darbhanga during the rule of Raj Darbhanga and in modern days is known as Janakpur.]

Moh

Attachment, infatuation with the mundane; one of the five *dacoits* or thieves of meditation described by *Sant Mat* Masters, including lust, anger, greed, and ego

Mohammed Sahib

Prophet; (570-632); founder of Islam religion; [Upon his death a schism developed when a faction of followers claimed Ali ibn Abi Talib to be the rightful successor, became the Shia sect; and another faction led by Abu Bakr who was nominated as successor by Umar ibn al-Khattab, became the Sunni sect.]

Mohini

Avatar of Vishnu; served nectar to gods and poison to demons from the churning of the Milk Ocean

Mohra

From the *swati nakshatra* stories, a poisonous Ayurvedic medicine produced in the throat of a toad after it ingests raindrops during the *swati nakshatra* period

Moni

Nickname for Wazira, a disciple of Sawan Singh, who became a mute after chastisement for displaying inner progress outwardly; lit. “Person who is silent”

Mosambi

A type of fruit; a sweet lime

Moti Ram Tailor

Disciple of Jaimal Singh Ji Maharaj; associated with the story of Jaimal Singh Ji taking on the *karma* of seven lifetimes in hell from Hukam Singh

Mrityu Lok

Lit: “Region of Death”; world of *Kal*; that is, the world of life and death; the lower three planes of creation (physical, astral, causal)

Muddas

A food staple; typically, a doughy rolled ball of *ragi*, a millet-like grain

Mudgal

Village near Guddella Ashram

Mukhti Pad

A stage of liberation attained in *Par Brahman*

Mukti

Act of liberating or redeeming the soul from the body

Mumbai

City in India, Bombay, location of Parel Railway Station

Muni

An ascetic; prestigious title among sages

Murabba

Unit of measure for farm land; one *murabba* equals 25 acres, or 10 hectares

Murgabi

A black-colored bird that dives underwater to catch its prey with wings that repel water upon emerging

Murree Pahar

Murree Hills; hill station in northern Punjab; nowadays located in northern Pakistan, 2300 meters above sea level; site where Sawan Singh Ji Maharaj built His house

Musa Peygamber

Prophet; (est 1391 – 1271 BCE); the Prophet Moses; ‘Peygamber’ literally means “prophet”; in Turkey, the Prophet Moses is sometimes referred to as “Peygamber Efendimiz”

Naam

Sound Current, synonymous with *Shabd*, *Dhun*, Logos, etc, lit. “Name”; also, the *mantra* or words given to initiates during Initiation or *Naam Daan*

Naam Daan

Initiation into *Surat Shabd Yoga* by a Living Master, connecting the soul with the Inner Sound Current, the power of *Naam*, or *Shabd*

Nabhadas

Sant; (? - ?); *Guru* of Sant Surdas Ji

Nagas

Snake-like entities found in the *Patala*; see *Patala*

Nala and Nila

Two brothers from the monkey-like Vanara race in Rama's army; assisted through their power to make stones float in the water in the building of a bridge (*Rama Setu*) between India and the island fortress of Lanka, so that Rama and his army could attack and defeat Ravana; [The floating stones did not stick together and could be used as a bridge only after the name of ‘Rama’ had been written on them.]

Namaz

Persian-derived term for *Salah* (Muslim prayer); one of the Five Pillars of the faith of Islam and an obligatory religious duty for every Muslim

Namdev

Hindu Saint; (1270-1350); born in Maharashtra; a calico printer by profession; disciple of Vishoba Kechar, whom he accepted on the advice of the potter Saint Gora Khumbar and Jnanadev; his poetry was written with musical accompaniment as *bhajans* and sixty-one are included in the *Adi Granth Sahib*;

spent the last seventeen years of His life in Ghuman, which was actually founded by Him

Nanak Ji

Param Sant Satguru; (1469-1539); first in the lineage of Sikh Masters; *Guru* of Bhai Lena (Guru Angad); contemporary of Kabir Sahib

Nanded

City in India in Maharashtra; historical place where Guru Gobind Singh was assassinated; holy city of the Sikhs

Nandi

The mount (*vahana*) or vehicle of *Lord Shiva* in the form of a white bull who serves as a gatekeeper for *Kailash*, the heavenly abode of *Shiva*

Nar Narayan Sharir

The human body; lit. “The form from which a *jiva* can transcend from being a human being to becoming God Almighty.”

Narad Muni

Vedic Sage who plays many roles within the stories of the mystic past; initiated the *dacoit* Ratnakar, who was later to be known as Valmiki

Narayana

The Supreme Deity in Hinduism; *Mahavishnu*, *Mahashiva*; acts through adopting the qualities of *Brahma*, *Vishnu*, and *Shiva* to create, sustain and destroy the universe; also, another name for *Vishnu* who resides in *Vaikuntha*, a realm of bliss and happiness

Nath Panth

Path of yogic tradition, devoted to Lord Shiva, which originated by Gorakhnath emphasizing tapas, tantras, and austerities; there are several streams or subdivisions of this panth, which also contain householders

Navratri

A biannual and one of the most revered Hindu festivals observed in the honor of nine forms of the goddess Durga and, generally speaking, the triumph of good over evil; the festival is held usually around March/April and again around October/November which spans nine consecutive nights (one for each of Durgas nine various forms); celebrations can involve periods of fasting or feasting, depending on the regional customs

Neem tree

Tree whose bitter leaves are used in making medicinal tea, or branch used as toothbrush

Neti

Method of cleansing the nasal passages by passing fine thread soaked in wax through the nose and out the mouth; also, passing of saline water through the nasal passage

Ni-akshar Dham

Term for realms beyond *Brahmand*, beyond the realms of *Kal*, starting with *Par Brahm*; see *Kshar* and *Akshar*

Nidhis

The nine *Nidhi* (treasures Kubera's wealth) are mentioned in the *Amarakosha*, a kind of ancient thesaurus of Sanskrit; there are multiple descriptions from differing sources; one version describes them vaguely as : 1. *Mahapadma*: "great lotus flower"; 2. *Padma*: "lotus flower"; 3. *Shankha*: "conch shell"; 4. *Makara*: "crocodile"; 5. *Kachchhapa*: "tortoise or turtle shell"; 6. *Mukunda*: "cinnabar/quick silver"; 7. *Kunda*: "jasmine"; 8. *Nila*: "sapphire"; 9. *Kharva*: "dwarf"; another source with an emphasis on minerals or ocean resources describes the nine as: 1. *Padma*: "lake in the Himalayas with minerals and jewels"; 2. *Mahapadma*: "lake double the size of *Padma* in the Himalayas with minerals and jewels"; 3. *Shanka*: "conch shell"; 4. *Makara*: "synonymous with the goddess *Lakshmi*, black antimony"; 5. *Kachchhapa*: "tortoise or turtle shell"; 6. *Kumud*: "cinnabar or quick silver"; 7. *Kunda*: "arsenic"; 8. *Nila*: "antimony"; 9. *Kharva*: "cups or vessels baked in fire"

Nij Dham

Lit: "One's innermost original True Home"; the Fifth Plane; also called *Sat Lok* ("True Region")

Niranjan

Kal Niranjan; a son of *Sat Purush*; creator (with *Maya*, *Brahma*, *Vishnu*, and *Shiva*) of the lower three worlds (Physical, Astral, Causal); the Negative Power

Nirat

Lit. "Absorption in"; in the spiritual sense, the soul's faculty or power of intrinsic seeing; one of the two faculties (seeing and hearing) left to the soul after leaving the realm of the sense organs behind; see also *Surat* (soul's faculty of hearing)

Nirvana

A timeless conscious state free from desire, suffering, and *karmic* rebirth; also known a *Nirban*, *Mukti*, and *Moksha* in Sikhism; inner realm of *Sunn* (Void plane)

Nish-kam

Without desire, disinterested

Nisumbha

Asura; along with his brother *Sumbha*, sought to conquer the three worlds after receiving this boon from *Brahma* after 10,000 years of prayer and penance; ultimately defeated and slain by *Durga*

Nizamabad Ashram

Ashram founded by Baba Somanath Ji; located in the village of Kisan Nagar, district of Nizamabad, in the state of Telangana.

Nizamuddin Auliya

Sufi Saint; (1238-1325); successor to Sheik Farid and *Guru* of Amir Khusrow; resided near Delhi

Nosadar

A filthy mix of substances that produce a foul smell

Nrug

King; Raja Nrug of the story of donation of 10,000 cows a day in order to be granted the blessing of crossing the *Vaitarani River* after death

Octroi

Local Indian tax collected on various articles brought into a different district for consumption

Omkar japa

Practice of repeating the *mantra* of “OM”, either orally or mentally

Paan

A preparation of betel leaf with areca nut widely consumed throughout South Asia; stimulant that can produce psychoactive effects

Paathi

Reader or chanter of the sacred verses knowledgeable about the different *ragas* or singing modes

Padma rekha

Mark or line on the foot or palm, the “lotus line”

Padmasana

Lit. “Lotus posture”; yoga position in *Hatha Yoga* sitting with legs cross-folded

Pagdi

A turban

Pahad Ashram

Mountain *ashram* of Baba Somanath Ji where Ram Singh was managing the *ashram* for four years; closely situated to Baba Ji’s present Guddella Ashram;

also, the place where Ram Singh did extensive meditations in this incarnation as well as in a prior incarnation as the *yogi* Mahadevappa

Paisa

100th part of a *rupee*

Palanquin, palki

A means of transport, usually for one person, which consists of sitting in a boxlike litter suspended by poles that are carried on the shoulders of others; also known as *palkis* [Historically, they were one of the luxurious methods primarily used by the rich and noblemen for travelling; modern use of the palanquin is generally limited to Indian weddings, pilgrimage and temples using *palkis* to transport sculptured idols of their gods]

Paltu Sahib

Param Sant; (1710-1789); resided in northern India in the state of Uttar Pradesh; known for being bold and outspoken; born in village Nagpur Jalalpur (Nanga Jalalpur) in the district of Faizabad; a Kandu (parched grain) trader by caste; disciple of Govind Das, both of whom received initiation from a *sadhu* named Baba Janki Das; [Later Govind Das Ji, on his way to Jagannath Puri, got the *Darshan* of Bhikha Sahib from whom he came to know of the Inner Secrets. On Govind Das Ji's return, Paltu Sahib received initiation in the True Essence from him and adopted him as his *Guru* and spent the later part of his life in Ayodhya.]

Pampapati Sarovar

One of the five sacred lakes of India; site where Shabri waited to meet Rama from a story in the *Ramayana*; *Pamapapati* is another name for *Shiva* meaning “husband of *Pampa*”, another name for *Shiva*’s consort; Estimated locations are, most probably, Pampa Sarovar near Hampi, where her *guru*, Rishi Matanga, lived at a place called Matanga Parvat; or a place in Kerala called Sabarimala, which seems also to be connected to Shabri

Panch Bhoot

Five elements that comprise the physical human body - Earth, Fire, Water, Air, and Ether (Space)

Panch Dhuni

Austerity involving sitting in the summer with four fires burning on all sides and the sun overhead

Panch Gyanendriyas

Five sense organs forming part of the subtle human body - Ear, Nose, Eyes, Tongue, and Skin, more like the importers of stimuli to the *antahkarana*

Panch Karmendriyas

The five working senses of the body comprising -mouth, hands, legs, genitals and excretory organ, more like the exporters of the deeds reacting to the stimuli

Panch Pran

Five types of *pranas* comprised in the body - *Pran* (in the heart), *Apan* (flowing from head downwards), *Saman* (pit of throat), *Vyan* (all-pervading in the body) and *Udan* (in the navel)

Panch Pyaras

Lit. “The Five Loved Ones”; Five disciples of Guru Gobind Singh who courageously offered to sacrifice their lives to their Guru only for the sake of testing His sword; Their acts of surrender and devotion to the Guru earned them immediate salvation and the status of Saint and They played a significant role thereafter in the defeat of the Mughals; the Panch Pyaras were the original five Khalsa “pure ones” of a warrior caste formed on April 13, 1699 who wear the five articles of faith practiced by the Khalsa devotees of the Sikh faith today; the five articles are: *kesh* (unshorn hair and beard since the Sikh decided to keep it), *kangha* (a comb for the *kesh*, usually wooden), *kara* (a bracelet, usually made of iron or steel, but sometimes gold), *kachera* (a white loose undergarment), and *kirpan* (a small curved sword of any size, shape or metal)

Panch Shabd

“Five Sounds”; refers to the five different manifestations of *Shabd*, as it flows down from *Sach Khand* through the various densities of the five major divisions of Creation; also, five names given to initiates during initiation, or *Naam Daan*

Panch Vishay

Lit. “Five Topics”; in reference to the body, “Five Stimuli” of the *antahkaran*, viz. *shabda* (sound), *sparsha* (touch), *ras* (taste), *rup* (sight), *gandha* (smell)

Panchavati

Lit. “Garden of five banyan trees”; forest home of Rama, where he lived during his exile; located near Nashik at the Godavari River

Panchayat

A council of village elders who rule on local affairs

Panda

Pundit who lives at a place of pilgrimage; a *brahmin* priest

Pandal

Tent or canopy

Pandavas

Sons of Pandu who were cheated and deprived of their rightful kingdom inheritance leading to the great war between the Pandavas and the Kauravas illustrated in the epic *Mahabharata*

Panduranga

Hindu deity; considered to be a *avatar* of *Vishnu*; also known as Vithoba or Vithala

Panni Gali

Street site of Swami Shiv Dayal Singh Ji's residence in Agra

Panth

Path or sect

Papita

Papaya tree

Par Brahmm

First spiritual region above the three lower worlds of the Negative Power where the soul gets cleansed of all *karmas* and impressions by bathing in the *Mansarovar*, the Pool of Nectar; plane of true Self-Realization, recognizing the relationship of the soul with the Creator; the soul's light here equals twelve suns

Param Sant

Lit “Supreme Saint”; a Saint Who has reached the highest spiritual plane of *Anaami*

Param Sant Satguru

A *Param Sant*, “Supreme Saint”, Who has been ordered to take souls back to God Almighty, *Sat Purush*

Paras

Philosopher's stone, capable of turning iron into gold; also, *parasmani*

Parshad

Lit. “Blessed gift”, usually food or drink blessed by a Saint; also, *Prashad*

Parvati

Hindu goddess of fertility, love, and devotion; wife of *Shiva*; considered to be the gentle and nurturing aspect of *Shakti*, the great mother goddess

Patala

Netherworld; described in the *Puranas* as seven regions of darkness below the earth and above the region of hells which are ruled by different demons and serpents and lit by jewels worn by its inhabitants; the earth and *Patala* are supported on the head of the thousand-headed serpent *Shesh Nag*; also known as *Adi Shesh*

Pativrata

A loyal, devoted wife who maintains fidelity with her husband

Patshahis

Lit. “Emperors”; the Sikh *gurus* are called the ten *Patshahis*; in Punjabi it means “supreme person”; in Hindi, the term is “*badshah*”

Peon

Menial laborer; clerical or physical worker with minimal training or skills

Peshawar

Pakistani city, near Khyber Pass, where Sant Ji first met Sawan Singh Ji Maharaj

Peshwa

Equivalent to a modern prime minister in the Maratha Empire, and later became the de-facto leaders of the Maraths

Pind

The physical plane; *Pind*, *And*, and *Brahmand* form the three worlds of *Kal*'s creation

Pingala

One of three energy flows within the body (*Ida*, *Pingla*, and *Sushumna*); *nadi* associated with solar energy, sympathetic nerve system, controlling the right side of the body and the left hemisphere of the brain; also, *pingla*

Pipa

Raja Pipa; king of a small Rajput kingdom; after his abdication, he became a wandering mendicant and finally became a disciple of Ravidas

Pipal

Holy fig tree worshipped by Hindus as the most sacred of trees

Pir

Lit. “Elder”; Persian title for a Sufi Saint or holy person

Pitra puja

A Hindu ritual performed where food is generally offered to appease ancestors

Pitta

A small, swift, yellow-headed bird within the sunbird species

Prahar

Sanskrit term for a unit of time or subdivision of the day, approximately three hours long; [The day is divided into eight parts: four *praharas* for the day, and four for the night. The first *prahara* of the day begins at sunrise. The traditional system of *praharas* overlaps but does not coincide with the more precise

traditional system of *muhurtas*, which is based on precise astronomical calculations.]

Prahlad

A very pious boy whose childhood is the subject of most of the major stories in the *Puranas*; son of the evil king Hiranyakshyap; devotee of *Vishnu*; [He is ultimately saved from his father's efforts to kill him by Narasimha, a part lion, part man *avatar* of *Vishnu*, who, when killing Hiranyakshyap, stood in a door frame, thus being neither inside nor outside, and killed him at dawn, when it was neither day nor night, to overcome the boon given to him.]

Pralabdha karma

Karmas, which constitute one's preset destiny; stored and acted out from the eight-petaled lotus at one's forehead; the fate *karmas* of wealth and poverty, health and sickness, happiness and unhappiness

Pran pratishtha

A ritual performed by a *brahmin* to put 'life' into a newly formed stone idol to make it a deity

Prana

Lit. "Life"; the vital force of the body that regulates other body processes; not to be confused with the soul; subject to decay and destruction; the oldest and the greatest of all the functional elements of the body, without which the soul or *jiva* would leave the body instantaneously; also, *Pran*

Pranayama

Practice of controlling the breath; if used as a vehicle for *yogic* practices it is limited in scope to rising up to *Akash* region, from where *prana*, or the 'vital air', originates

Prarthana

Prayer; also, in a secular usage, to request, ask or politely seek something with a feeling of reverence or submissiveness; in official use, "a petition"

Prashudh vayu

The *prana* or vital air that *Vishnu* uses to turn the baby in the womb before birth commences

Prayag

Another name for the city of Allahabad in the state of Uttar Pradesh; site where the Ganges, her main tributary (the river Yamuna) and a third invisible underground tributary (the river Sarasvati) meet

Premi

A loved-one; a devotee

Puja

Reverence, honor, homage, adoration, worship; prayer ritual performed by Hindus, Buddhist, Jains, and Sikhs

Pujari

Typically, a brahmin priest who performs puja rituals for local devotees and takes up residence in the local temple

Pul

Bridge; also, *pool*

Pundit

Scholar or teacher of any field of knowledge in Hinduism, particularly the *Vedic* scriptures, *dharma*, Hindu philosophy, or secular subjects, such as music

Pundit Karpurtak

Pundit who attempted to estimate the entire span of Creation, beginning to end

Pune

City in India in the state of Maharashtra; known as Poona during British rule; historical home of Sant Tukaram

Pungi

Shawm, a wind instrument, played by snake charmers in India and Pakistan consisting of a mouth-blown air reservoir made from a gourd, which channels air into two reed pipes; the player employs circular breathing to play with no pauses; also called a *been*

Punjab

State in northwestern India and Pakistan; historical home to Guru Nanak Sahib and the birthplace of Sikhism; its name is derived from the five tributaries to the Indus river that flow through this land, the *Hindi Panch*: Jhelum, Chenab, Ravi, Sutlej and Beas rivers

Punjabi

Native Indian language of the Punjabi people

Punya

Virtuous, righteous; that, which sows good *karma*; as opposed to *papa*, which sows bad *karma*; invisible wealth, can only be exhausted through pleasure, while *papa* only through pain

Purana

Lit. “Ancient, old”; a vast genre of Indian literature about a wide range of topics, particularly myths, legends and other traditional lore

Puri

Unleavened, deep-fried Indian flatbread

Puri bhaji

Puri served with a spiced potato dish; a common food in India

Pushkar Tirth

City in India; historical home of Brahmanand in the Rajasthan area

Pushpaka

The most famous of all *Vimanas* (flying chariots or palaces); a gift from *Lord Kubera* to Ravana and returned to him by Rama; used by Ravana to abduct Rama's wife Sita

Pushpama

Disciple and *paathi* of Somanath Baba Ji Maharaj, *sevadar* at Kengeri Ashram

Quintal

Unit of measure; in Britain, it is referred to as a hundredweight; it is the equivalent of 100 kilograms

R. R. Singh

A friend of Ram Singh's with whom he stayed while working in R. R. Singh's betel leaf business and perfecting his *Simran*

Radha Bai

Wife of Swami Shiv Dayal Singh Ji Maharaj

Radhaswami

Descriptive Name of God; initially used by Swami Shiv Dayal Singh Ji; lit. "Lord of the Soul"

Ragi muddas

Food comprised primarily of a millet-type grain generally rolled into a ball; also known as *laddu muddas*

Rahat

A type of waterwheel used to irrigate crops in a field

Rahim

One of the names for *Allah* in Islam

Rahim Khan-I-Khana

A devotee of Krishna; one of the nine 'jewels' at the court of King Akbar who gave alms with true humility, raising his hands above his head while giving and not looking at the person; [The nine 'jewels' were called *Navratnas* and were highly honored ministers, advisors, poets, musicians, and generals who served King Akbar and other kings during that era.]

Rahu and Ketu

Rahu, from the *Asura* race, received a sip of nectar during the churning of the Milk Ocean from *Mohini*, an *avatar* of *Vishnu*, and was beheaded with a disc for his deception before he could fully swallow it. But because the nectar touched part of his body, the head became immortal. The head of *Rahu* and *Ketu*, the severed tail, are considered as manifestations of two shadow-planets, the south and north moon nodes.

Rajasthan

State of India, desert location of 16 P.S. and 77 R.B., *ashrams* of Sant Ajaib Singh Ji Maharaj; home to Mastana Ji

Rajjab Ji

Hindu Saint, (est 16th century); a priest; disciple and successor of Dadu Dayal Singh Ji; His 10,013 *Banis* or poetical compositions are known as “Rajjab Bani”

Rajogun

Attribute or quality of activity, passion, sensuality; an essence of *Lord Brahma*; one of the three *gunas* with *satogun* and *tamogun*; characteristic of persons who are intellectuals inclined towards trades and businesses, sciences, or the priesthood as vocations

Rajput

“Lit. “Son of a king”; Member of the patrilineal clans of the Indian subcontinent; *Rajputs* ruled ‘princely states’ in north, west, and central India between the 6th century and the 20th century; Former *Rajput* states are found spread throughout India, including areas in present-day eastern Pakistan

Rakshasa

Demonic being in Hindu mythology, also called “man-eater”; not all were evil; also known as “shape-changers”

Ram Das Ji

Param Sant Satguru; (1534-1581); fourth in the lineage of Sikh Saints; successor to Guru Amar Das Ji; *Guru* of Arjan Dev Ji

Ram Singh Ji

Saint; known as “Babaji” currently in residence at Guddella Ashram in Andhra Pradesh; *Gurumukh* disciple of Somanath Baba Ji Maharaj and Ajaib Singh Ji Maharaj

Rama

Hindi god; *avatar* of *Vishnu* in the *Treta Yuga*, brother of Lakshman, husband of Sita

Ramanand Swami

Guru of Kabir Sahib; *brahmin* who was saved from Gorakhnath by Kabir Sahib in debate

Ramayana

An ancient Indian epic, as it is known nowadays, which tells the story of king Rama and his wife Sita, later on, translated to Hindi (Awadhi) by Tulsi Das Ji; originally written by Rishi Valmiki as an allegorical narrative of the soul's journey, before it was acted out at the turn from the *Sat Yuga* to the *Treta Yuga* to veil its true inner meaning

Ramdas Ji

Yogeshwar; (17th century); master of Shivaji Maharaj, King of Maharashtra; also known as Samarth Ramdas; spent the later part of his life in Sajjangad, near Satara, a fortress given to him by Shivaji

Rani

Queen, wife of a *Raja* or *Rana*

Rasam

A spicy southern Indian watery curry

Ratan Sagar

Book of devotional songs written by Tulsi Sahib

Ratnakar

Dacoit who later became Valmiki, a Saint; disciple of Narad Muni

Ravana

Rakshasa; son of Rishi Vishrava and Kaikesi from the *Rakshasa* race; half-brother of Kubera; demon enemy of Rama; could not be killed be either god or demon as a boon given to him by *Brahma*, but he forgot to include humans; kidnapped Sita to his golden fortress in Lanka and was later killed by Rama with the help of Hanuman

Ravidas Ji

Hindu Saint; (1450-1520); successor of Ramananda; *Guru* of Mira Bai, Raja Pipa; fourteen of his poems appear in the Adi Granth Sahib

Riddhi

Generally interpreted as powers of riches and gifts, or boons of prosperity; also the name of *Kubera*'s wife (granting well-being) and one of the consorts of *Ganesha* [Wikipedia has *Buddhi*, *Siddhi* and *Riddhi* as consorts of *Ganesha*, given as gifts from *Brahma*, identified as “wisdom-*Buddhi*, spiritual powers-*Siddhi* and prosperity-*Riddhi*”] [There appears to be a lot of overlapping of qualities of *Riddhis*, *Nidhis*, and *Siddhis* in supporting literature, so it is difficult

to isolate specific qualities of *Riddhis* separately, other than to say they relate generally and primarily as boons of prosperity]

Rishi

Seers or sages who, after intense meditation (*tapas*), often for many thousands of years, realized truths and eternal knowledge; composers of *mantras* (*mantrakars*) and factual writers of history

Roti

Type of Indian flatbread, another name for *chapatti*

Roza

A Muslim fast during Ramadan between dawn and nightfall; also called *sawm*

Rudraksha

Seed traditionally used for prayer beads in Hinduism produced by several species of large evergreen broad-leaved tree in the genus *Elaeocarpus*: a compound Sanskrit word consisting of the name *rudra* (“*Shiva*”) and *akṣa* (“teardrops”)

Rumi

Sufi Saint; (1207-1273); Jalāl ad-Dīn Muhammad Rūmī; authored the “*Masnavi*”, considered the greatest poem in the Persian language; see Maulana Rumi

Rupee

Currency unit in many Asian countries like India, Pakistan, Nepal etc.; equals 100 *paise*; originally, a generic descriptor of silver coins of a specific weight

Saag

Green vegetables of different varieties; spinach, etc.

Saari

Female garment from the Indian subcontinent, consisting of a long drape, wrapped around the waist in a specific manner

Sabzi

Indian mixed vegetable dish

Sach Khand

Lit. “True and Imperishable Region”; the spiritual region above *Bhanwar Gupha* and below *Alakh Lok*, home of the Saints; also *Sat Lok*

Sadguru

Lit. “True *Guru*”; term associated with the Radiant Form of the Master Who connects the soul with the *Sar Shabd*; Advanced Soul with access to the Third Plane who assists with the inner guidance, or liberation, of souls; also, *Sadhguru*

Sadh Gati

A term of status for a devotee; a *Sadh* who has risen above *Trikuti* within who is the form of Light and Sound

Sadhna Qasai

Mahatma; a butcher who was the possessor of a mystical 'saligram stone' to accurately weigh his product; [He came to realize he had been disrespectful to God by placing his idol where flesh was being weighed and, realizing his mistake, he left his job and later became a *mahatma*.]

Sadhu

Religious ascetic who is solely dedicated to achieving *mokṣa* (liberation); derived from the Sanskrit root *sadh*, meaning "to reach one's goal", "make straight", or "gain power over"; in *Sant Mat*, denotes a devotee who has reached the top of the Third Plane of existence, *Par Brah*m

Sahaj

Lit. "Easy, unforced, natural, real"; esoterically, the transition from a state of "becoming" to a state of ""being"; at 'One' with the Supreme Lord; *Sahaj Samadhi* is the state of identification with the Ultimate Reality, beginning in *Par Brah*m and completed in *Sach Khand*; also *Sehj*

Sahaj Samadhi

The fourth and highest of four stages of disciple development; in ascending order, they are *Turiya* 'stage of the ant', *Turiya Teet* 'stage of a 'fish'', *Turiya Pipla* 'stage of the spider', and *Sahaj Samadhi* 'stage of the Saint'

Sahasdal Kamal

Lit. "Thousand-Petaled Lotus"; upper region within the Astral plane; below *Trikuti*

Sahjo Bai

Female Hindu Saint; *gurumukh* disciple of Charandas; author of the book: *Sahaj Prakash*

Sai Baba

Hindu *mahatma*; (1926-2011); known for materializations of *vibhuti* (holy ash); advocated for selfless service among his disciples and established charitable public institutions in service to the poor

Sajjan

Good or virtuous people

Sakku Bai

Devotee of *Vishnu* in his form as *Panduranga* or *Krishna*

Saligram Ji

Param Sant; (1829-1898); Rai Saligram Ji; author of *Sar Bachan* and other writings published under his *Guru*'s name, Swami Shiv Dayal Singh Ji Maharaj; Postmaster General of Uttar Pradesh; later became one of Swami Ji's successors in Agra

Samadhi

Lit. “Unified Mind”; a term of Hindu and Buddhist origins; a state of consciousness where one’s mind is unified into single-pointed attention with the object of one’s meditation

Sambal

Spicy chili chutney

Sanchit karma

Storehouse of soul's unredeemed *karma*, stored in fortress-like structures within the Causal Plane

Sangat

Congregation of followers of a *Guru*; on whole, those who have received *Naam* initiation; in Buddhism, denoting the totality of all the followers, especially all the monks; derived from *sangh*, meaning “company”

Sankranti

Hindu festival celebrating the moving of the sun into a new sign, or *rashi*, at the beginning of a month in the sidereal solar calendar

Sannyasa

Lit. “Renunciation”; the last of four age-based life stages known as *ashrama* within the Hindu philosophy; a form of asceticism marked by renunciation of material desires and prejudices, represented by a state of disinterest and detachment from material life

Sannyasi

Individual in *sannyasa*

Sanskari souls

Souls acting under the influence of *sanskaras*; meaning “mental impressions, recollections, psychological imprints”, also *samskaari* souls

Sant Ji

Informal name of Ajaib Singh Ji

Sant Mat

Lit. “Path or Doctrine of the Saints”; also known as *Surat Shabd Yoga*

Sant Samagam

One of a collection of books written by the blind Swami Sharnanandji (? – 1974) who established Manav Seva Sangh in 1952 in service of humanity and prayer

Santsipahi

Lit. “Soldier Saint”

Sapna

Dream or vision

Sar Bachan

Lit. “Words of Truth”; contains the fundamental teachings of the Saints as explained by Seth Shiv Dayal Singh, known as Soami Ji; put into written form by Rai Saligram

Sar Shabd

Lit. “Essential Sound”; manifestation of the Sound Current heard in *Par Brahman*

Sarayu Brahmin

Title attributed to Sant Surdas; a *brahmin* who lives on the banks of the Sarayu River

Sarayu River

River near the site where Raja Dasharath accidentally killed Shrawan Kumar and received his parents curse that he would also lose his son; Ayodhya lies at the banks of this river

Sarmad Kashani

Muslim Saint who was originally born into a Jewish family in Armenia; (1590-1661); produced a translation of the Torah in Persian; spiritual Master of Dara Shikoh, Aurangzeb’s elder brother and rightful heir to the Mogul throne; [After Aurangzeb seized power and had killed Dara Shikoh, he ordered the execution of Sarmad for teaching *Surat Shabd Yoga* instead of orthodox Islam; His gravesite is in Dehli.]

Sarpanch

Elected head of a village-level statutory institution of local self-government; lit. “Head of the five decision makers” of the *gram panchayat* of the village, elected by all the villagers

Sarvajeet

Pundit, scholar; a *pundit* who debated Kabir over the *Vedas* and *Puranas*; when he is defeated, he accepts Kabir as his Master

Sat Kartar

Descriptive attribute of God; lit. “Opener, Manifestor of Truth”

Sat Lok

Lit. “True Region”; *Sach Khand*, the fifth plane; home of the Saints; below *Alakh Lok*, *Agam Lok*, and *Anaami Dham*

Sat Naam

Lit. “True Name”, Appellation of the Lord of the fifth plane of *Sach Khand-Sat Lok*

Sat Purush

Lit. “True Being”; presides over *Sach Khand-Sat Lok*; also called *Akal Purush*

Sat Shabd

Highest form of the Sound Current emanating from God Almighty, *Anaami Purush*

Sat Sukrit

Name of Kabir in his incarnation in the *Sat Yuga*

Sat Yuga

“Golden Age”, cyclical Age of Truth and true religion, where all are truthful; the first of four *yugas* that lasts 1.728 million years with a human lifespan of up to 100,000 years

Satguni time

Best or purest time

Satguru

Lit. “True Guru”, Saint Who, having access to the *Sach Khand*, redeems lost souls; Saints commissioned by Their Master, or God Almighty, to guide souls back to their True Home, *Sach Khand*

Sati

Obsolete Hindu funeral custom where a widow immolates herself on her husband's pyre, or commits suicide in another fashion shortly after her husband's death; banned in India since 1861; term derived from goddess *Sati*, one of *Daksha*'s daughters and wife to *Shiva*, who self-immolated because she was unable to bear her father *Daksha*'s humiliation to her husband *Shiva*

Satogun

Attribute or quality of truth, purity, harmony, benevolence; an essence of *Lord Vishnu*; one of the three *gunas* with *rajogun* and *tamogun*; characteristic of persons who are spiritually inclined towards prayer and devotion, introspective

Satsang

Lit. “In Association with Truth”; to be in the company of the Truth of a Living Master; typically, outwardly, through hearing the Master's discourses and

receiving His *Darshan*; also, in the inner context, meaning to be absorbed in the inner Sound Current of Truth

Satsangi

One, who is attending *Satsang*, inner or outer; an initiate of *Surat Shabd Yoga*

Sawan Durbar

An *ashram* of Baba Somanath Ji Maharaj at the outskirts of Bangalore; also known as Kengeri Ashram

Sawan Singh Ji

Param Sant Satguru; (1858-1948); successor to Jaimal Singh Ji Maharaj; *Guru* of Kirpal Singh Ji Maharaj, Somanath Baba Ji Maharaj, and Mastana Ji

Seva

Selfless service, charitable actions by and from mind, body, and wealth

Sevadar, Sevak

Person, who performs various acts of selfless service as devotion to the *Guru*; including physical, financial, and spiritual, in the form of *Bhajan* and *Simran*; a *sevak* is one who performs *seva* throughout the day

Shabad

Synonymous term with '*Bani*' as a reference to written Scripture by a Master

Shabash

Persian word meaning “well done!”

Shabd

Sound Current, synonymous with *Naam*, *Dhun*, Logos, etc; lit. “Word”

Shabd Roop

Form of the Sound Current manifested within at the Eye Center

Shabdkari mahatmas

Incarnations of the Positive Power; Saints; also, *Dayalkari mahatmas*

Shabri

Tribal woman who tasted and served berries to Rama in the epic “*Ramayana*”; female disciple of Matang Rishi

Shah Rag

Lit. “Royal Vein”; Sufi word for *Sushumna*, the central vein in the subtle body

Shams Tabrez

Sufi Saint; (1185-1248); traveling merchant, weaver of baskets and seller of girdles; *Guru* of Maulana Rumi

Sharir

Physical body; also *shareer, sarir*

Shastra

Book or treatise on a technical or specialized knowledge in a defined area of practice; in early *Vedic* literature, referred to any precept, rule, teaching, ritual instruction or direction

Shastri

Term for a university student who has achieved a degree of higher learning in the study of the *Shastras* of *Vedic* literature; a pundit

Sheera

Another term for *halva*; a soft Indian sweetmeat made of *ghee*, sugar, and semolina

Sheesha Jyoti

Described as the light of the sun appearing in a mirror; one of the three types of illusory inner lights, or tricks of *Kal*, with *Azra Jyoti* and *Jhilmil Jyoti*; as opposed to the one genuine inner light of *Jagmag Jyoti*

Sheikh

Title of veneration for an Arab or Mohammedan leader

Sheikh Ali

Cousin and son-in-law of the Prophet Mohammed; (600-661); acted as Mohammed Sahib's scribe in the writing of the Koran; considered as the rightful successor to Mohammed by the Shia sect in opposition to Abu Bakr, who was proclaimed the successor by the Sunni community; Sheikh Ali later became fourth Caliph between 656 and 661; was assassinated while praying in the Great Mosque of Kufa

Sheikh Farid

Sufi Saint; (1175-1266); also known as Baba Farid or Fariduddin Ganjshakar, "Treasure of Sugar"; very prominent and distinguished Sufi Saint and poet of northern India; one of the founding fathers of the Chishti Sufi Order; [The city of Faridkot is named after Him. Master Sawan was said to have been the Raja of Faridkot in His previous birth. Farid's tomb is situated in Pakpattan in Punjab.]

Sheikh Sarwar

Sufi Saint; (1120-1181) from the Punjab; Syed Ahmad Sultan, also known as Sakhi Sarwar; the sheikh whose village shrine was destroyed by Bhai Manj at the instructions of Guru Arjan; His tomb is situated at Nigaha

Sheikh Taqi

Disciple of Tulsi Sahib, Muslim divine, who is addressed by Tulsi Sahib in one of His *Banis*

Shiv Netra

Lit. “Eye of *Shiva*”; the Third Eye; Eye of Knowledge; *Tisra Til*; Seat of the soul; located between and behind the two physical eyes

Shiva

Hindu god; one of the Hindu Trinity with *Brahma* and *Vishnu*; the “Destroyer”; also called *Mahesh*

Shivaji

King of Maharashtra; (est 1627-1680); disciple of the *yogeshwar* Samarth Ramdas (not to be confused with Guru Ram Das of the Sikh lineage *Gurus*); instrumental in finishing the Mogul Empire in the south

Shivling

An abstract or an iconic representation of the Hindu deity, *Shiva*

Shravan Maas

Fifth month in Hindu calendar; for many Hindus, the month of *Shraavana* is a month of fasting and a holy month, due to the many festivals that are celebrated during this time

Shrawan Kumar

Boy killed accidentally by Raja Dasharath during a hunt in the epic “*Ramayana*”

Shudra

Fourth caste (*varna*) of Hindu society; defined as those who serve the other three *varnas*: *brahmins* (priests), *kshatriya* (those with governing functions), *vaishya* (agriculturalists, cattle rearers, and traders); menial workers

Shyam Rao

Original name of Tulsi Sahib

Sidh yogi

Yogi who has attained siddhic mystical powers?

Siddhis

Miraculous powers obtained by means of *yogic* practices and granted by *avatars* to keep mankind subjugated to their own *karmas*; eighteen in number, of which the so-called “Eight perfections” are most famous [Their use is forbidden by Saints and they are kept hidden from *satsangis*] Definitions of these eight *siddhis* vary slightly from different sources but, generally, they are: 1. *Ānimā*: ability to become extremely small or invisible to external eyes; 2. *Mahima*: ability to increase one's body to any size; *Garima*: ability to increase one's weight as one wishes and become immovable; 4. *Laghima*: ability to make one's body

almost weightless and the ability to enter the body of any creature; 5. *Prāpti*: ability to obtain and create anything by merely wishing it; 6. *Prākāmya*: ability to fulfill the wishes of others; 7. *Iṣiṭva*: ability to attain all glories and lordship over creation; 8. *Vaśitva*: ability to subjugate others and bring them under one's control [There are an additional ten secondary *siddhis* bringing the total to eighteen] Generally, they are: 1. *Aanūrmimattvam*: being undisturbed by hunger, thirst, and other bodily appetites; 2. *Dūraśravaṇa*: hearing things far away; 3. *Dūradarśanam*: seeing things far away; 4. *Manojavah*: moving the body wherever thought goes through teleportation or astral projection; 5. *Kāmarūpam*: assuming any form desired; 6. *Parakāya praveśanam*: entering the bodies of others; 7. *Svachanda mrtyuh*: dying when one desires; 8. *Devānām saha krīḍā anudarśanam*: witnessing and participating in the pastimes of the gods; 9 *Yathā saṅkalpa saṁsiddhiḥ*: perfect accomplishment of one's determination; 10. *Ajñāpratihatā gatiḥ*: orders or commands being unimpeded

Sikandar Lodi

Sultan of Delhi; (? - 1517); considered a great administrator who also expanded the Lodi territory; founded the city of Agra; also known for religious persecution with demonstrated intolerance toward Hindus; installed Persian as official language of accountancy in India; later, became a disciple of Kabir Sahib

Sikanderpur

Village in the Punjab founded by Alexander the Great; site of a sugarcane plantation originally purchased by Sawan Singh Ji where continuing *seva* is done in support of the *ashram*

Sikhs

Lit. Punjabi for “disciple or student”; a general term adopted for followers of the Sikh religion

Simran

Repetition of names or thoughts; in *Sant Mat*, the *simran* of worldly thoughts is controlled through the *Simran* of the Five Charged Names, repeated by an initiate throughout the day and when sitting for meditation as a means of collecting the thought currents at the Third Eye Center; also used as a password of sorts to higher planes and protection from Negative Power influences

Sita

Avatar of Lakshmi; consort of Rama; adopted daughter of King Janak who found her while plowing for a *yajna*; kidnapped by Ravana

Sohang

Lit. “I am That”; refers to the Fourth Plane; a state of consciousness where the soul identifies with God consciousness and is imbued with deep yearning for the Lord; but is, as yet, not completely free of the state of duality

Sohni and Mahiwal

Two lovers in a tragic love story from Punjabi folklore of unfailing sacrifice and devotion; [Mahiwal, who is destitute, cuts a piece of his own flesh to meet a vow he made to always feed Sohni; and finding out about his sacrifice, Sohni attempts to cross a river in an unfired pot to meet Mahiwal, knowing it will melt in the river as a sacrifice to her beloved to match his own sacrifice.]

SomAjaib

Term coined by Baba Ram Singh Ji to acknowledge the Supreme Grace of the two great *Sant Mat* Masters — **Somanath Baba Ji Maharaj** and **Ajaib Singh Ji Maharaj** — Who formed and shaped His life on the Path of *Surat Shabd Yoga* and to Whom He gives all credit for the success of His mission and ongoing *Seva*; see also; glossary entries *Somanath Baba Ji* and *Ajaib Singh Ji Maharaj*

Somanath Baba Ji

Param Sant Satguru; (1885-1976); one of Sawan Singh Ji Maharaj's successors; from childhood, he was a *brahmcharya* (celibate) and at a young age he took a vow of *sannyasa* and became a *Nath Panth yogi*; he performed rigorous austerities and mastered *Kundalini Yoga* practices through *pranayamas*, attaining many supernatural powers, but he did not find peace of mind; finally, he came to the feet of Sawan Singh Ji Maharaj and obtained initiation into *Surat Shabd Yoga*; with the Grace of his Master, he became a perfect *Gurumukh* disciple and was entrusted with spreading the Teachings of *Sant Mat* in the south of India; in 1974, as a *Satguru*, He gave the *Naam Daan* initiation to BabaRam Singh Ji.

Soorma

A preparation of antimone sulfide with which Mohammedan men anoint their eyelids; called *khol* in India and used by women as eyeliner

Sri Lanka

Country off the southeast coast of India; said to be the site of Lanka, the island fortress of Ravana in the *Dwapar Yuga* mentioned in the *Ramayana* and *Mahabharata*

Srigandhan

A variety of sandalwood tree particularly potent with the scent of sandalwood

Sthool

Gross or physical matter, as opposed to *sukshma* (subtle, astral); also, *asthool*

Sudarshana Chakra

Spinning, disk-like weapon with 108 serrated edges used by the Hindu god *Vishnu*; according to the *Puranas*, used for the ultimate destruction of an enemy

Sugriva

In the Hindu epic, *Ramayana*, Sugriva was the younger brother of Bali; whom he succeeded as the ruler of the Vanara kingdom, Kishkindha

Sukhasana

Yogic sitting pose where one leg lays atop of the other; the 'half-lotus' pose

Sukhdev Muni

Muni from the *Treta Yuga*; parrot-like appearance; son of Ved Vyās; disciple of King Janak

Sukshma

Subtle, astral; subtle inner reality as opposed to gross outer appearance (*sthool*); also, *sookshma*

Sumati

One with good sense or judgment; good conscience, selfless

Sumbha

Rakshasa; along with his brother *Nisumbha*, sought to conquer the three worlds; [They received the boon they wished for from *Brahma* after 10,000 years of prayer and penance in Pushkar that they could not be conquered by humans or demons, but were ultimately defeated and slain by *Durga*, a goddess, after they tried to abduct her.]

Sunn

Plane above *Trikuti*; another name for *Par Brahman*

Suraahi

Slender vessel with a thin spout, made of earthenware or porcelain or brass; used for carrying water

Surat

Lit. "Face"; in the spiritual sense, attention of the soul, or the 'face' of the soul, which is understood to be an outward expression of the soul; also, the soul's faculty of intrinsic hearing; one of the two faculties left to the soul after leaving the realm of the sense organs behind; see also *Nirat* (soul's faculty of seeing)

Surat Shabd Yoga

The means of reconnection with God; lit. "Yoking the Soul or the soul's hearing faculty (*Surat*) to the Sound Current (*Shabd*)"; also provides the power of practical discernment, enabling the attention to rise higher by moving on through the *Nirat's* (power of seeing) absorption in the Inner Light

Surdas Ji

Sant; (? - ?); A self-inflicted blind *sannyasi* devotee of Krishna who had reached *Sahasdal Kamal* within when he was initiated into *Sant Mat* by Sant Nabhadas Ji; noted as a great poet

Sushumna

Lit. “Gracious”; one of three energy flows in the body (*Ida, Pingla, Sushumna*); the central vein (*nadi*) in the astral body that provides a pathway to higher regions; energized, usually, during dawn and dusk; non-dualistic by nature; Muslim term for *sushumna* is *sharad*

Sushupti

State of deep sleep; spiritually, one in great ignorance

Swami Bagh

Garden of Swami Ji Maharaj located at His *ashram* in Agra

Swami Shiv Dayal Singh Ji

Param Sant Satguru; (1818-1878); known as Swami Ji Maharaj; credited with founding the Radha Soami Faith and with writing the *Sar Bachan*; *Guru* of Jaimal Singh Ji Maharaj

Swargh

Term for a heaven; *Vaikuntha*, or *Kailash*, as examples

Swati Nakshatra

One of the twenty-seven moon houses (*Nakshatras*); appears when the moon travels through Libra, thus occurring thirteen times in a year; in mythology, the rainbird only drinks the raindrops that rain down when the sun moves during this period; [Tracing the origins of the *Swati Nakshatra* phenomena: From the earliest *chaukriyugas*, four *Dhuns* originated from the Lord of the Second Spiritual Region, *Omkar*, creating the four-petaled lotus. With each *Dhun*, *Lord Brahma* created a *Vedic* text for a total of four *Vedic* texts, each represented by one of the four *Dhuns*, or Sound Currents. Ancient *rishis* and *munis* from prior *Sat Yugas* and *Treta Yugas* made a study of these *Vedic* expressions and disseminated their teachings to humanity through these ages. Though some of these ancient *rishis* and *munis* acquired status and mystic powers exceeding those of *Brahma*, *Vishnu*, and *Shiva*, none were ever able to ascend beyond the level of *Brahm*. The story of *Swati Nakshatra* and its strange, mystical powers stems from these *Vedic* texts. This story has often been used by the *Sants* of *Sant Mat*, metaphorically, to illustrate unique qualities and relationships throughout Creation that exist as an expression of the *Shabd Dhun* and the power that it has to raise the ordinary to the extraordinary. Babaji has stated there are sections of India that experience these phenomena during the *Swati Nakshatra* rains, but it is unknown as to whether the phenomena occur outside of India.]

Sweth Sunn

Lit. “White Void”; situated above *Sahasdal Kamal* and below the lower part of *Trikuti*; region *Kal* went to after instructing *Maya* to create the three lower worlds; also called *Set Sunn*

Tabaq

Sufi equivalent to inner levels or stations, also inner regions

Takshak

King of the *nagas*; snake-like entities located in the *Patal Lok*; [From Kabir Sahib's *Anurag Sagar* and His story of queen Indra Mati, during the *Dwajar Yuga*, after receiving initiation into *Sant Mat* from Karunamai, Indra Mati is accosted in the night by Kal in the form of a snake named Takshak who bites Indra Mai on the forehead in attempts to lure and tempt Indra Mati's attention aware from her devotion to her Master within. Remembering her Master, the snake's poison is ineffective and her devotion remains true.]

Tamil Nadu

State of India; at the southern tip of India

Tamogun

Attribute or quality of ignorance, delusion, malevolence, inertia; an essence of *Lord Shiva*; one of the three *gunas* with *satogun* and *rajogun*; characteristic of persons who are aggressive and self-indulgent, inclined toward intoxicants and criminal behavior

Tan

Body; also *sharir*

Tantra

Lit. "Loom, warp, weave", or often simply "Treatise or exposition", and hence, by extension "Principle, continuum, system, doctrine, theory"; "Tantrism, or *tantric religion*" refers only to the traditions which are based on the *tantras*, *samhitas*, and *agamas*; more broadly, *Tantra* refers to a broad range of religious traditions with a "magical" or "occult" orientation

Tapa

Intense spiritual practice, meditation, or austerity done with intense dedication and enthusiasm, often heat-producing; from the Sanskrit word "to heat"; also, *tapasyaa*

Tapasia

Ascetics who perform austerities, penances, and physical mortification

Tapi, Tapasvi

Practitioner of *tapas*, austerities; an ascetic

Tattwas

Original elemental qualities of the universe; generally referred to and characterized as the five essences of ether (*akash*), air (*vayu*), fire (*agni*), water (*jal*), and earth (*prithvi*)

Telangana

State in India; youngest state in India formed in June 2014

Thakur Dutt

Pundit who had estimated the entire time length of Creation, subsequently edited and corrected by Sawan Singh Ji Maharaj

Tiffin

Light meal, lunch

Til

Sesame seed; dot, the size of sesame seed; reference to the Third Eye

Tilak, tika

Mark on the forehead, denoting the *Tisra Til*, the Third Eye

Toomba

A green pumpkin with a white interior; sometimes, in a dried form, used as a water vessel; also, *tumba*

Treta Yuga

“Silver Age”, the second of the four-*yuga* cycle; introduction of ignorance takes place in this age; lasts 1.296 million years with a human lifespan of up to 10,000 years

Trikuti

Lit. “Three Mountains”; (*Mer*, *Sumer*, and *Kailesh*); home of the gods; lower part situated at top of the Astral and upper part constitutes the first region of the Causal Plane

Trilochan Das

Bhagat; four hymns of His are included in the *Adi Granth Sahib*; contemporary of Namdev

Triloki

Lit. “Three worlds”; the lower three worlds of *Pind*, *And*, and *Brahmand* (physical, astral, and causal)

Trishool

Weapon, a spear (trident), wielded by *Lord Shiva*; the three points have a polyvalent meaning, representing the manifold trinities, like the *gunas*, gods, past-present-future, the three worlds, etc.; also, within the body, the confluence of the three main *nadis* at the Third Eye, where only *Sushumna* proceeds further upwards; also, *trishul*

Tukaram

Sant; (est. 1598-1649); poet and member of the Bhakti movement in Maharashtra; introduced Shivaji to his *Guru*, Ramdas

Tulsi Das

Hindu Saint; (1511-1623); in the lineage of Ramananda; member of the Bhakti movement; author of Awadhi language version of the *Ramayana*

Tulsi Sahib

Param Sant Satguru; (1763 - 1843); successor of Ratnagar Rao; *Guru* of Swami Ji Maharaj; from the Peshwa family in Maharashtra in Poona; originally named Shyam Rao (Amrit Rao) and was elder brother of the adopted Baji Rao II; wrote the “*Ghat Ramayana*”

Turiya

The first of four characterizations of stages of the soul’s mobility and development; in ascending order, they are: *Turiya*, the ‘stage of the ‘ant’; followed by *Turiya Teet* ‘stage of the fish’, *Turiya Pipla* ‘stage of the spider’, and *Sahaj Samadhi* ‘stage of the Saint’

Turiya Pipla

The third of four characterizations of stages of disciple development; in ascending order, they are *Turiya* ‘stage of the ant’, *Turiya Teet* ‘stage of a ‘fish’’, *Turiya Pipla* ‘stage of the spider’, and *Sahaj Samadhi* ‘stage of the Saint’

Turiya Teet

The second of four characterizations of stages of the soul’s mobility and development; in ascending order, they are *Turiya* ‘stage of the ant’, *Turiya Teet* ‘stage of a ‘fish’’, *Turiya Pipla* ‘stage of the spider’, and *Sahaj Samadhi* ‘stage of the Saint’

Udasi Mat

Religious sect of ascetic sadhus centered in northern India; based on the teachings of Sri Chand (1494–1643), the son of Guru Nanak; [Sri Chand was initiated by Abinashi Muni into the path of two *Shabds*; one branch of this line continued through Amolak Das, to Bishan Das, and Sant Ajaib Singh, before He got initiation by Master Kirpal Singh.]

Umar

Omar al Faruq; leading disciple of Mohammed Sahib; big farmer with many possessions; later would nominate Abu Bakr as Mohammed Sahib's successor to initiate the origins of the Sunni sect of Islam; after Abu Bakr's death, he became its second Caliph

Upanishads

Lit. “Esoteric doctrine”; or “Sitting down near”, (as a student sits near the teacher); These ancient Sanskrit texts are the last of the Vedic texts created but

there appears to be no consensus on the origin or source or total number of the Upanishads; There are 108 texts that are referred to as the canon texts of which there are 12 major ones, all of which exist in tangent association with the original four Vedas and their aim is to assist in the investigation of the nature of the Atman (Self) and its relationship with the Brahman (Overself)

Uttar Pradesh

State in India; most populous state; location of Agra and Varanasi; state for which Rai Saligram was Postmaster General

Vaastu

Reference to architecture as a science

Vaid

An *Ayurvedic* physician

Vaikuntha

Celestial heaven that is the home of *Vishnu*; situated at mount *Meru*

Vairag Pralay

Dissolution of the lower Creation that occurs up to the region of *Brahm* after fourteen *Jal Pralays*; also, *Bairaag Pralay*

Vaishya

One of four castes (*varnas*) of the Hindu social order; originally, those in agriculture and cattle-rearing; later, as landowners, traders, and money-lenders

Vaitarani River

A vile frightening river in the afterlife, filled with blood and pus, which is difficult to cross; only sinful souls have to cross and need at least some deeds of merit to be able to do so; good souls do not have to cross it; equivalent to the river Styx

Vakyasiddhi

A mystic power, or *siddhi*, where what one says becomes true

Valmiki

Maharishi; (est. 1st century BC); originally a *dacoit*; meditated for 10,000 years covered by a termite nest; author of the *Ramayana* in Sanskrit; reincarnated as Tulsi Das

Vamana

Avatar of *Vishnu* in the form of a dwarf; sent King Bali to rule *Sutala*, the third netherworld of *Patala*

Varanasi

Prior name of city of Benaras and Kashi; historical home of Kabir

Varnatmak Naam

Descriptive name; spoken and written names like *mantras*, the words given for *Simran*

Vashisht

One of the *Saptarishis*; spiritual teacher of Rama; author of *Yoga Vashishtha*, as well as *Agni Purana* and *Vishnu Purana*

Vaastu

Traditional Indian system of architecture and design, based on vedic traditions

Vedanta

One of the six orthodox (*āstika*) schools of Indian philosophy; represents the divergent philosophical views that developed on the basis of a common textual connection that is called the *Prasthanatrayi*, a collective term for the Principal *Upanishads*, the *Brahma Sutras*, and the *Bhagavad Gita*; of more than ten schools of *Vedanta* identified by scholars, three schools viz. *Advaita* (nondualism), *Vishishtadvaita* (qualified non-dualism), and *Dvaita* (dualism) are the best known

Vedas

Lit. “Knowledge”; large body of texts originating in the ancient Indian subcontinent; oldest scriptures of Hinduism, also called *śruti* (“what is heard”) literature, distinguishing them from other religious texts, which are called *smṛti* (“what is remembered”); considered revelations by orthodox Indian theologians, as seen by ancient sages after intense meditation; carefully preserved since ancient times; in the Hindu epic the *Mahabharata*, their creation is credited to *Brahma*; the *Vedic* hymns themselves assert that they were skillfully created by *Rishis* (sages); there are four *Vedas*: the *Rigveda*, the *Yajurveda*, the *Samaveda* and the *Atharvaveda*; each being subclassified into four major text types: the *Samhitas* (*mantras* and *benedictions*), the *Aranyakas* (text on rituals, ceremonies, sacrifices, and symbolic sacrifices), the *Brahmanas* (commentaries on rituals, ceremonies, and sacrifices), and the *Upanishads* (texts discussing meditation, philosophy and spiritual knowledge); some scholars add a fifth category: the *Upasanas* (worship)

Veshya

Prostitute, streetwalker

Vibhishana

Younger brother of Ravana who joined Rama's army and later became king of Lanka

Vidura

Elder half-brother of Dhritarashtra and Pandu whose father was Ved Vyasa and whose mother was Sudri, a lady in waiting to the queens Ambika and Ambalika

(mothers of Dhritarashtra and Pandu); having no royal blood, he was made adviser to the court of Dhritarashtra; considered an incarnation of *Dharam Raj* and thus connected to Yudishtira, who also is considered to be fathered by the god, *Dharma*; Vidur was noted for humility and serving Krishna a simple meal

Vihang marg

Lit. “Path of the swan”; descriptive term describing one of four stages of development of the soul in its inner progress related to the speed with which the soul travels via the Sound Current within; [in increasing order, the progress is described as the speed of the ant (*cheenti marg*) from the outer nine doors up to the Eye Center within; the speed of the fish (*meen marg*), from the Eye Center into *Brahm*; the speed of a spider (*makari marg*) from *Par Brah*m up to *Sach Khand*; and finally, the speed of the swan (*vihang marg*) in *Sach Khand*]

Vijaywada

The second largest city in the state of Andhra Pradesh lying on the banks of the Krishna River; center for naturopathy

Vikraal

Ghastly

Vikramaditya

Emperor; (est 1st century BC); legendary king of ancient India; characterized in Indian history as the ideal king

Vindhya

Sage, who was cursed to live as a mountain in the *Dwapar Yuga*; he competed with the Himalayas and started to grow so high, that it threatened to obscure the sun and extinguish all life; see Agastya Rishi

Virat Roop

Lit. “massive or great form”; Term describing the cosmic form of Krishna as Kal manifested to Arjuna after reciting the entire Bhagavad Gita to him; the manifestation resulted in the destruction of Arjuna’s ego to enable him to begin the Mahabharata war as he was originally commanded to do

Virata

King of Virata Kingdom, nowadays Nepal; held the Panadavas in his service for the last year of their exile in the *Mahabharata* story; his daughter Uttara married Arjuna’s son Abhimanyu and their son Parikshit followed Yudhishtira on the throne

Vireh

Condition of feeling the pangs of separation from one’s beloved

Vishay

Topic or subject; with respect to the body and mind, viz. *shabda* (sound), *sparsha* (touch), *ras* (taste), *rup* (sight), *gandha* (smell); see *Panch Vishay*

Vishnu

Hindu god; one of the Hindu Trinity with *Brahma* and *Shiva*; “Sustainer, Preserver” of lower three worlds; *Kal* in his aspect as preserver

Vishoba Kechar

Disciple of Guru Jnanadev; beggar-Saint; *Guru* of Namdev

Vishvamitra

Brahmarishi; originated from a kingly family; gave up his kingdom to become a great *rishi*; known for his anger and violent encounter with Vashisht; debated value of austerities versus *Satsang* with Vashisht

Vithal

Hindu god; also known as Panduranga, Vithoba; considered a manifestation of *Vishnu* or Krishna

Vivek

Discrimination, power of discernment; one of the four *Sadhana Chatushtaya* (qualities needed for spiritual discipleship): discrimination between ephemeral and permanent (*Nitya* and *Anitya*), real and unreal (*Sat* and *Asat*), self and non-self (*Atma* and *Anatma*), pleasure and bliss (*Ananda*); also, *vivek buddhi*

Vyas Muni

Rishi; also Ved Vyasa, (*Treta, Dwapar Yugas*); father of *Sukhdev Ji*; credited with writing the *Mahabharata*, the *Puranas*, the *Brahm Sutras* and arranging the *Vedas* in their present form

Wazira

Disciple of Sawan Singh Ji Maharaj; chastised for outward display of inner progress when he had expressed seeing his Master in outer forms of trees and animals; adopted a vow of silence as repentance and was thus called “Moni Wazira”

Worli

Locality within southern Mumbai where Baba Somanath Ji sold clothes at the insistence of Sawan Singh Ji in order to earn his own livelihood

Yaaksha

A usually benevolent nature spirit or fairy, caretakers of the earth and forests; found in Hindu, Jain, and Buddhist literature; generally considered benevolent, but sometimes are associated with ghosts or demonic *rakshasas*

Yaaksha siddhi

Supernatural power, to make *Yaakhshas* (inhabitants of *Kubera's* realm) one's servant so as to have them accomplish one's desires

Yadavas

Clan in the *Mahabharata* epic of which Krishna was king; a social entity of people who mostly work as farmworkers who are considered outside the caste system; herder of cows or cattle

Yajnas

Various *Vedic* sacrificial rituals performed for different purposes by Hindus

Yama

Lord of Judgment; Lord of Death; *Dharam Raj*

Yama Pur

Lit. "Region of Death"; home of its ruler, *Dharam Raj*, the Hindu Lord of Death; where the fruits of the uninitiated soul's *karmas*, in the absence of a Master's Grace, are meted out through the *chaurasi* (the ocean of life and death); the three lower planes of creation of *Kal*; including the heavens and hells

Yamdoots

Angels of death; agents of *Yama*

Yibhuti

Generally, used to denote the sacred ash, which is made of burnt dried wood in *Āgamic* rituals that Hindu devotees apply traditionally as three horizontal lines across the forehead and other parts of the body to please the god *Shiva*

Yoga

Lit. "Joining, uniting"; system of philosophy and meditation with the aim of uniting the individual soul with the Supreme Spirit or Oversoul; most involve deep meditation and concentration of mind

Yogeshwar

A *yogi* who has ascended as high as the Causal Plane

Yogi

An ascetic who has reached *Sahasdal Kamal* on the inner astral plane; generically, a practitioner of *yoga*

Yogjit

From the *Anurag Sagar*, the name by which *Kal* refers to *Achint* (*Gyani*) which was the name of Kabir prior to his incarnation as Sat Sukrit, during a confrontation in which Kabir chastises *Kal* for his mistreatment of souls

Yuga

One of the four Ages of Hindu cosmology (*Sat, Dwapar, Treta, Kali*) that constitutes one cycle of a *Mahayuga*